



adam eason
NLP, Hypnotism and Training

Adam Eason School of Therapeutic Hypnosis presents

Cognitive Behavioural Hypnotherapist Certification

5 Day Intensive Course Prospectus

School registered with:



GHSc

VALIDATED TRAINING

General Hypnotherapy Standards Council



Cognitive Behavioural Hypnotherapy

If you are already qualified as a hypnotherapist and wish to advance your skills and are interested in learning more about cognitive-behavioural approaches to hypnotherapy, then this is an excellent opportunity to obtain that level of qualification and expand your skills as an evidence based hypnosis clinician.

Course Structure

This training course comprises of an intensive 5-day classroom training, supplemented with comprehensive learning materials.

For the first 3 days it is 9am to 7:30pm, and on the final two days it is 9am to 5pm.

Tea, coffee and biscuits are served mid-morning and mid-afternoon and there is a range of cordials and fresh water in the training room throughout the day.

Course Curriculum

This is a strongly evidence based course and incorporates a wide range of studies and research into the syllabus. You'll be made familiar of a number of journal findings to be acquainted with throughout the training.

Likewise, we draw from the substantial contributions to the field of cognitive behavioural therapy by authors such as Aaron Beck, Albert Ellis, Joseph Wolpe and Arnold Lazarus.

The course also then draws from major contributors to the field of clinical hypnotherapy including Clark Hull, Theodore Barber, Nicholas Spanos, Irving Kirsch, James Braid and other evidence based proponents and academics to have contributed to this field.

Here is some of what you will learn:

- Cognitive-Behavioural Theories of Hypnosis.
- A Thorough Understanding of State vs. Nonstate Theory

- An Understanding of the Underlying Philosophy of the Cognitive Behavioural Approach to Therapy.
- Mindfulness-Based Therapeutic Interventions
- Awareness Experiments and Thought Spotting Protocols
- Cognitive Behavioural Uses Of Relaxation Skills including Hypnotic Desensitisation
- Hypnotic Skills Training
- Cognitive Behavioural Assignments For Clients
- Cognitive Behavioural Therapeutic Questioning Techniques
- A Range of Approaches and Uses of CBT Thought Forms
- Cognitive Disputation and Cognitive Restructuring Methods
- Thought Stopping Protocols
- A Wide Range of Mental Imagery Techniques
- Rational Emotive Behaviour Therapy Approaches
- Variety of Exposure Interventions

- Consultation and Assessment Methods of Cognitive Behavioural Hypnotherapy
- Problem Solving Training in CBT
- Assertiveness Skills Training
- Evidence Based Hypnotic Induction Methodologies
- Plus more...

Learning Materials

Your class tuition will be supplemented with the following:

- Comprehensive course manual.
- Full video footage accessed online. (You will have online access to our members area with over 175 hours of video footage for your revision and knowledge development for one year following the course.)
- Class handouts.
- Scripts for a wide range of standardised interventions.
- Ongoing feedback forms throughout.

The core text for this course is ***The Practice of Cognitive Behavioural Hypnotherapy*** by Donald Robertson, though you will receive a thorough recommended reading list upon successful enrolment for this course.

Assessment

There is a coursework questionnaire as part of the assessment to complete following the classroom hours. You will be given this with your manual immediately after the course and it will be discussed in class to aid your approach to answering those questions.

There is then a requirement for you to submit two written case studies (real or hypothetical) demonstrating the cognitive-behavioural hypnotherapy approach and decision making. The recommended format of these is discussed in class.

Qualification & Award

You will be able to call yourself a certified **Cognitive Behavioural Hypnotherapist** upon successful completion of this course and having submitted the coursework and case studies to the required standards.

You will also be able to use the letters **Cog. Beh.Hyp** after your name.

Course Accreditation

This course is approved by the Register of Evidence Based Hypnotherapists and Psychotherapists. In addition to your existing professional memberships, everyone graduating from this course will be able to join the REBHP. All members receive the free quarterly International Journal of Clinical and Experimental Hypnosis (IJECH) the leading journal on the field of hypnosis.



This course does tend to challenge a lot of earlier trainings that students have had. The very nature of the approach requires us to conceptualise hypnosis in a way that ruffles the feathers of many main street models of hypnosis and therapy. We do our best to make sure everyone has an enjoyable time training with this school, but please be open-minded and enjoy the challenges presented.

Your Principle Tutor

I am today a very busy and prominent therapist in the UK, my clients come from the UK, Europe and further afield, and I do share all of my marketing strategies and business development techniques within this diploma.

I am the author of several best selling books on hypnosis, and my work and I have appeared regularly on primetime TV on both BBC1 and ITV in the UK.

You can read my extensive articles, listen to my podcasts and enjoy my weekly ezine at [my website](#) to learn more about me and make sure that I am the right man for you... And of course, that this certificate is the right one for you.

I am incredibly provocative in a variety of ways, because I find this as a way of creating valuable stimulus for the brain when learning. There is nothing worse than being sat like a zombie guppy fish, inanimately staring into space, bored throughout a training... I love this course, I get very excited, I often stutter and am known to punctuate sentences with swear words — I know this is indeed

very naughty... I also know that this is not everyone's cup of tea...

Upon your application being successful, you will be presented with an acceptance form that includes the required reading list and some further information required back from you for us to get to know each other prior to course commencement date.

Most importantly, I believe therapy should be fun. I believe learning should be fun. I believe life should be fun and enjoyed with as much joy and laughter as is humanly possible...

So expect fun, games and laughter as an integral part of this course!



Entry Requirements, Fees and Course Details

In order to qualify as a delegate for this course, you are required to hold a diploma level qualification in hypnotherapy.

Successful enrolment requires you to send us on a copy of your diploma qualification with your application form.

Course Structure

This is an intensive **five day course**, whereby on the first 3 days, you'll be in class from 9am to 5:30pm and then finishing at 5pm on the final two days.

Fees

Option 1:

A single payment of **£647.00 plus VAT** (total £776.40)

Option 2:

A £175.00 non-refundable deposit, with £575.00 payable 2 weeks prior to start date. Total payable: **£750.00 plus VAT** (total £900.00)

Course Venue

Bournemouth

[Days Hotel Bournemouth](#), overlooking the sea

Dates:

Wed, Dec 10th till Sun 14th Dec 2014
09:00 - 17:00 (BST)



The venue is chosen for its accessibility, facilities and conduciveness to the learning at hand. It overlooks the sea, is very close to the beach and creates a fabulous environment for this course.

Coffee, teas, herbal teas, juices and refreshments are included within your course investment fee and are served at regular intervals.

For anyone wishing to stay at the hotel, a discount is available if you contact Nicki in the conference office and tell her you are a delegate on this course.

If you would like a list of B&B establishments and other hotels that previous students have stayed at when studying with the school, let me know and I will forward it on to you.

New Course Details

Course Venue

Park Inn Hotel

Heathrow Airport

London

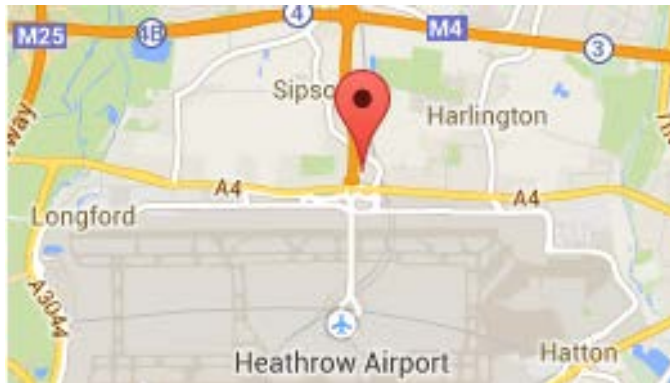
UB7 0DU

United Kingdom

Dates:

Mon, June 15th till Fri May 19th 2015

09:00 - 17:00 (BST)



- The hotel's location ensures easy access to the airport.
- Choose from among 895 rooms including Standard Rooms, Family Rooms, Business Friendly Rooms and suites.
- Indulge at the carvery buffet at Bravo! Bravo! restaurant, or treat yourself to a cup of Costa Coffee at The Lounge.
- To ease the stress of travel, they offer 24-hour room service.
- Refresh with a workout at the Pace Health Club, which boasts a gym and heated indoor swimming pool.
- Free Wireless High-speed Internet is available throughout the accommodation. - They display Heathrow's latest departure and arrival schedules on plasma-screen televisions.
- Hotel Hoppa shuttle service transports guests to all airport terminals (charges apply).
- The on-site car park has a capacity of 480 vehicles.
- Drive In, Fly out airport parking packages are available, including overnight accommodation and four, eight or 15 days parking.

Networking and Ongoing Support

Due to the very nature of being a qualified hypnotherapist, we can sometimes feel isolated. I meet many hypnotherapists who trained and then were left to their own devices and lost touch. Here, we do much to keep you connected, supported, motivated and encouraged as part of our thriving graduate community. In addition to the members area and forum you have continual access to online, I organise a number of regular events that are attended by former students and graduates of the school:

Quarterly Support Group:

Counting as formal CPD (Continued Professional Development) with the GHR and NCH, every quarter, we hold a support group whereby we welcome some of the most impressive speakers from around the UK from the field of hypnosis and hypnotherapy. In recent years we have had some real heavyweight and inspiring speakers that our students and graduates have learned a great deal from. In addition to the speaker lectures, we get to discuss any ongoing client cases, business development and, of course, have fun and network with each other: all offered up in a friendly atmosphere that helps us all to be motivated and supported.

Monthly Hypnosis Geek Dinners:

Every month or so, I organise what we call a Hypnosis Geek Dinner. For all those of us that just want to discuss hypnosis and hypnotherapy, express our opinions, show-off new skills and debate, philosophise, have fun, learn and network. We have our own private dining room, dinner is laid on and we have formalised set debates as well as informal discussions, then fun and demonstrations from a wide range of fascinating individuals who are positively 'geeky' about hypnosis. It is a great way to learn and keep informed, as well as celebrating our field with like-minded people.

Annual Dinner / Dance:

Each year, we have a good, old fashioned, fun-filled knees-up. We have a two hour workshop in the afternoon as well as a drinks reception and then a dinner dance in the evening to get to reunite with colleagues, meet previous students and have some fun.

Because of the number of years this school has successfully been training quality hypnotherapists, there are many people that attend these events that are successfully practicing as hypnotherapists, and these are

great people to be around and learn from as well as share experiences with. Everyone is warm and welcoming, I insist upon it — even if you arrive knowing no-one (which never happens) you'll leave any of these events with plenty of new friends.

Christmas Workshop and Party:

Every year, we also invite all our students, graduates and friends to a free evidence based workshop covering a specific topic and application of hypnosis and enjoy a Christmas party afterwards at the hotel. It is a chance for us self-employed folks to have our own Christmas 'work do' that so many of our employed friends enjoy each year.

Additional Evidence Based Workshops:

As a graduate of the school, you'll be offered an additional couple of evidence based workshops each year to join for nothing other than the fee of room hire (usually less than £20.00 each). In previous years we have had seminars on topics ranging from IBS, to working with children and all are very applicable to professional practice.

It is a wonderful community that we have here, and, as a student and graduate of this school, you become an inherent part of that supportive community.

"I am proud to have achieved so much knowledge, so many skills and practical tools that are going to benefit my clients and I in my new journey.

I greatly love your compassionate style and the feelings you put in to help us develop our therapeutic skills. I feel very lucky to have had the benefit of your teaching, coaching, and individual support. Learning was so much fun. We had lots of laughter. Thank you again."

Raj Jingree, Carehome owner, Portsmouth, UK



"Adam Eason delivers high quality, thought provoking and, above all, field-tested hypnotherapy training. His playful yet professional manner engages the listener in such a way that time flies while you learn. Personally, I could listen and watch him all day."

*James Brown,
Professional Opportunist, Speaker, Author,
Performer*

"If you are looking for a dynamic trainer, look no further than to Adam Eason.

Audiences love his work and they learn a great deal from him. His ability to give a seminar audience an unforgettable experience is unique.

It's obvious that Adam works hard to make each training event unique and special for that group. He's affable, low maintenance, easy to work with and someone you'll want to go back to in the future. He has my highest recommendation."

Kevin Hogan, Psy.D.,

*Author of The Psychology of Persuasion, and,
The Science of Influence
Hypnotherapist and regular speaker at the
NGH annual conference in the US*

Please Get in Touch

An application form should have accompanied this prospectus. To receive an additional application form, please call our offices on **0044 845 890 9000** or email me at ae@adam-eason.com. Express your interest.

When you are ready to join me for this course, complete the application form and return it by post or email me a scanned copy to take the next step to getting enrolled.

I look forward to seeing you there and then!
Go for it!

With my very best wishes,

Adam Eason



"I booked up to Adam Eason School of Therapeutic Hypnosis in 2010, and I really did not know what to expect — I was very interested in Hypnosis, but what is taught throughout the diploma course is by far the best around.

Adam's very unique style is very uplifting and thorough, and I leave his school with much more knowledge and well trained in clinical hypnotherapy. If you want to be trained to the high standard that Therapeutic Hypnotherapy should attain, then look no further than Adam's School."

*George Watson,
Glenrothes, Fife, Scotland*