



HYPNOTHERAPY PRACTITIONER DIPLOMA PROSPECTUS

CLASSROOM & LIVESTREAM

ANGLO EUROPEAN COLLEGE OF THERAPEUTIC HYPNOSIS



THE ANGLO-EUROPEAN
COLLEGE OF THERAPEUTIC
HYPNOSIS PRESENTS A SUITE OF
TRAINING COURSES, SEMINARS
AND WORKSHOPS FROM OUR
BASE IN BOURNEMOUTH AND A
VARIETY OF OTHER VENUES.

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Diploma Course Dates

Monthly & Intensive Formats

Hypnotherapy Practitioner Diploma in Bournemouth With Adam Eason

One Weekend A Month From October 2026 - July 2027 The format of this course makes it more suitable for people who are currently working and want to study part time and of course who can attend class or join the live feed monthly. The upcoming monthly Hypnotherapy Diploma course dates are as follows:

2026:

October	10th-11th
November	7th-8th
December	5th-6th

2027:

January	9th-10th
February	6th-7th
March	13th-14th
April	3rd-4th
May	8th-9th
June	5th-6th
July	3rd-4th

Hybrid Course:

Same course, different format. Two intensive, live 5 day tuition blocks, theory studied online.

2026: March 23rd-27th & September 14th-18th



Marsham Court

Hotel, Bournemouth

<http://www.marshamcourthotel.co.uk/>

For those travelling, course delegates receive a discount if wishing to stay at the Marsham Court hotel itself (contact us for details). For those requesting it, we also offer a comprehensive list of hotels and B&B establishments used by former students of the college with a wide range of prices to suit all tastes and budgets that are within walking distance of the course venue.

- Overlooks the sea, is very close to the beach and creates a fabulous environment for this course.
- Walking distance of town centre facilities.
- Good facilities and conduciveness to the learning situation.
- Coffee, teas, herbal teas, juices and refreshments are included within your course investment fee and are served at regular intervals
- Ample Car Park.
- Each training day starts at 9am promptly, finishing at 5.30-6pm with an hour for lunch and mid-afternoon/mid-morning breaks.

YOUR INVESTMENT

Classroom Course in Bournemouth and Live Streamed via Zoom

Payment Options:

Option 1

Full fee, payable in advance (of which £750.00 is a non-returnable deposit).

£2300.00 + VAT : a Total of £2760.

Option 2

6 x Monthly payments of £460.00 (paid via standing order to the college account).

Option 3

12 x Monthly payments of £250.00. This amounts to a slightly larger total fee paid than options 1 & 2.

Qualification will not be awarded until all outstanding payments are made.

Contact us with any queries about payments:

College main office: +44 (0)1202 770396

Getting Started

Using the details on this page, send us an email or give us a call and we'll guide you through the simple enrolment process and welcome you warmly to the college.

Other Options

Other payment options may be available to those with special circumstances or financial difficulties. Contact us to discuss.

Remember, all this is included in your fee:

- Lifetime access to our online Members Area with its huge video resources & supplementary study materials.
- 2 x Additional one day seminars with no college fee to pay.
- Your certification fees with this college (a total of three qualifications).
- Individual business development planning for those wishing to be a professional hypnotherapist.
- All your electronic and extensive course study manuals.
- Over 160 hours of face-to-face tuition and additional personalised training.
- Class assistants and student online support network.
- The external assessment of your portfolio by the NCFE.
- Full video footage of the entire diploma to supplement your learning and to be able to revise and revisit any class module during your studies (usually £1540.00).

Booking Online

You can fill in this course booking form online and we will get in touch with you to take your payment & complete enrolment:

<http://www.aecollegeofhypnosis.uk/booking/>

Email:

College main email:
info@aecollegeofhypnosis.uk

WELCOME TO THE ANGLO EUROPEAN COLLEGE OF THERAPEUTIC HYPNOSIS

Introduction by **Adam Eason** - Founder, Principal Tutor & Director of Education.

I have been in full-time clinical practice as a hypnotherapist since 1996 and have worked with more than 5000 individual clients for a very wide range of issues in that time; a lot of my teaching is based upon that real-life experience. However, this college places a great deal of importance in evidence-based practice and principles and so whilst anecdotal experience is appreciated, it does not rule the day here. Whilst we do adhere to evidence based practice as much as possible, there are many aspects of these fields that do not have direct evidence to support them, therefore we offer evidence-based principles where we can and also highlight the flaws cited by academics and researchers in certain approaches too. This is a central ethos of this college and has been since it was founded. All of our students are encouraged to understand both sides of any debate, philosophy, approach or theory and then develop their own stance. It has been my experience that professionals who are erudite, informed and have a depth and breadth of knowledge rather than being entrenched in the dogma of the training school they attended, go on to have the most thriving and successful careers in this field.

What qualifies me to educate you in this field?

I lecture for the Royal Society of Medicine and on Bournemouth University MSc programmes on the topic of evidence based clinical hypnosis. I am organiser of the UK Hypnosis Convention, Europe's largest hypnosis conference featuring world renowned lecturers, and in 2023 interviewed Derren brown live on stage. With my PhD research, I was the the first person ever to write a

meta-analysis & systematic review of the efficacy of clinical self-hypnosis to feature in a peer-reviewed academic journal.

Likewise, I am the first person to study the application of self-hypnosis to inhibit the Stroop effect, an area of great interest to the field of cognitive neuroscience. Today, my ongoing research continues to examine the efficacy of self-hypnosis to advance cognitive functioning. I was the first hypnotherapist to be asked to be on the panel of experts for the TalkHealth online clinics in collaboration with NHS Choices here in the UK, alongside conventional doctors and renowned medical experts. I am the author of several highly regarded books on hypnosis including ***The Science of Self-Hypnosis: The Evidence-Based Way To Hypnotise Yourself*** and ***Hypnosis For Running***, my audio programmes and apps sell globally and I have appeared on primetime TV on both BBC1 and ITV in the UK displaying my work. I broadcast one of the most highly respected and popular hypnosis podcasts in the world, interviewing experts, pioneers, academics and respected authors and engaging them in friendly, respectful debate.

I love teaching, I lecture and teach overseas a great deal each year. I love this field, I get very excited in class on occasion. Most importantly, I believe therapy should be enjoyed and fun where possible and when appropriate. I believe learning should be fun throughout. I believe life should be fun and enjoyed with as much joy and laughter as is humanly possible. Thus, whilst we ensure a sober approach when necessary, this college aims to ensure that fun, playfulness and laughter are an integral part of our courses. We find this to be an important way of creating valuable stimulus for the brain when learning. There is nothing worse than being sat like a zombie guppy fish, inanimate staring into space, bored throughout a training.

I am also a father of two, a former endurance runner, a weight lifter, an avid sci-fi fan and Hyrox athlete.

All of which greatly influence my approach to teaching and the way I illustrate class material.

At its core, this is a small business; my colleagues and I run this college together and like to work closely with all our students. Although I founded this college and much of my own ethos has forged its tone and approach, it would be remiss of me to suggest that it is exclusively my influence that has flavoured what we do and how we do things here. We have a thriving community around the college that is based online in our forums, at CPD events, at support groups we run and our social functions such as our annual Summer dinner dance and Christmas party. Those that regularly attend shape the tone of the college too. We have course assistants in our classes who all have a depth of professional experience, comprehensive education and input greatly to the way the college is run. Most importantly, we have exceptional graduates and new students each academic year who make their mark and give us feedback that we respond to and help shape what we do.

This prospectus aims to give you as much detail as you can cope with regarding our main hypnotherapy practitioner diploma course. We do offer other courses, seminars and lecture events which feature on the college website.

If you have any questions or queries regarding any element of our training courses, this college or this field in general, then please do get in touch with us, we'll always do our best to get back to you within one working day.

I truly hope that we get to warmly welcome you to the Anglo-European College of Therapeutic hypnosis at what we believe is an incredibly exciting time for this wonderful field.

With my very best wishes,
Adam Eason

Why Bother Travelling To Bournemouth?

Here we are, on the South Coast of England and there you are, many miles away in other parts of the UK, Europe and further overseas. Why on earth would you choose to travel to Bournemouth to train as a hypnotherapist? Let us give you 5 good reasons to come here:

1. The Beauty: The Coastline you can explore during your stay here is just a 2 minute walk from where we run our courses. It needs no introduction from us. It is award winning and renowned. We consider it to be an idyllic and conducive environment to train and study in.

2. Travel: The train station for Bournemouth is right in the town centre and a very short trip from the sea front where our courses are run. Bournemouth has its own airport now and flies to an from a number of major airports in the UK and around the world for low fees. The Bus and Taxi services are excellent.

Bournemouth AFC are now a Premiership football club, Bournemouth University is increasingly popular, the Bournemouth Airshow is one of the most popular in the world, and people travel from all over the world to see our beaches. Travel to and from Bournemouth needs to cater for these demands and as a result the infrastructure serving Bournemouth is exceptional today.

3. Accommodation: With Bournemouth being a popular holiday destination, there are a great, great many places to stay while you study here. There are hundreds of B&Bs, hotels, rental accommodation and more besides. We also have a long list of establishments within easy walking distance of the course hotel

that have been used and recommended by former students. Our students have a range of budgets and there are places available to cater for all budgets, requirements and tastes.

4. Cost: When people have a particular budget, we appreciate that travel and accommodation costs need to be factored in. We have managed to help students find cost effective solutions that have helped them to attend our highly regarded courses. Everyone who travels here knows they made the right decision in hindsight and that receiving the highest quality education was an incredibly wise investment that served them well.

Many that took cheaper options regret their decisions in the long run as they are unable to sustain a credible career or simply lacked the knowledge and skills to establish themselves in this field. We hope that you'll consider this when making a decision about your training in this field. Even courses offering the same accreditation and qualifications are not equal, and do not give the same depth of knowledge and skill that are required to sustain an effective business as a hypnotherapist.

5. Adam Eason: This is the only place that Adam runs his diploma courses. He made a lifestyle decision many years ago to move to the seaside - he trains for all his fitness events here, he owns a beach hut here, he got married here, he raises his children here, he loves it here. We find it incredibly difficult to get him to go anywhere else.

Although he is persuaded to teach one day seminars on the odd occasion in other venues and places around the UK and Europe, all of his major trainings are exclusively held here. He is considered one of the leading lecturers and teachers in the field of hypnotherapy. You can explore what his professional peers,

former students as well as the hypnotherapy field in general thinks about Adam if you explore the internet, read the testimonials he receives, watch his YouTube channel, listen to his podcasts and understand this for yourself. Very few other trainers have anywhere near as many plaudits as Adam.

This is why it is very worthwhile to travel to Bournemouth.

Live Online Option (Livestream):

Following the Coronavirus pandemic, we now offer this full diploma course LIVE online. We already offer our online hypnotherapy diploma course that is studied using videos and manuals, but this offering is whereby you attend the classes from home live as I deliver them in the classroom to our class delegates - you attend the same dates, from home.

You can ask questions as if you were in class, you can engage in all the class exercises as if you were in class, and importantly, you'll get the exact same accreditation and certifications as if you were in class. The hypnotherapy associations mentioned later in this prospectus will award the same high level of accreditation for those who attend the live online course offering. They usually expect a minimum number of classroom hours to be attended in order to adhere to National Occupational Standards, but have now exercised a degree of flexibility following these challenging and unusual times to ensure you can still gain the highest level of accreditation.

A great option if you are unable to travel to be with us in person. Get in touch for more details.



HYPNOTHERAPY PRACTITIONER DIPLOMA (HPD) TRAINING COURSE



Welcome to the ultimate hypnotherapy diploma training program.

imagine...

- Becoming fluent, skilled and confident in therapeutical utilising hypnosis for enhancing the welfare of others.
- Being personally trained and guided by one of the UK's most credible education providers.
- Becoming a highly capable critical thinker with an amazing ability for intelligent reasoning in a therapeutic environment.
- Earning your living by helping others lead happier lives.

discover...

- Powerful, rapid and effective inductions as well as hypnotic mindset management.
- How to motivate and inspire with hypnosis.
- How to use hypnosis and other evidence- based interventions for issue, trauma and habit resolution.
- The joy of collaborating with another individual resulting in hypnosis.
- Individual, business and sports performance enhancement.
- Ways to advance and enhance your own personal development, critical thinking, creativity and much more.

Hello and welcome to the beginning of something wonderful...

Hypnosis is a cognitive mindset of focus, expectation, a particular set of attitudes and internal communication that allows therapeutic change to happen rapidly and briefly. Sometimes it requires repetition, patience and persistence. It is a collaborative process.

A qualified Hypnotherapist induces, guides and manages the hypnosis session and subsequently facilitates thorough and long-lasting change in the recipient.

Hypnotherapy Diploma

It sounds intriguing, doesn't it? Yet the growing and highly impressive body of evidence that supports the field of hypnotherapy today means that there is no need for mystique, paranormal or pseudoscience to shroud this subject.

This course is for the complete novice or absolute beginner as well as seasoned practitioners looking to advance existing skills, psychological and medical professionals looking to add therapeutic hypnosis to what they offer patients and any individual seeking a rewarding and fascinating career.

Class sizes are kept relatively small and intimate to maximise the learning experience for all - we only accept a limited number of delegates upon each diploma course. The groups are big enough for you to get lots of experience working with a variety of people, and small enough to ensure your tutor and course assistants can work closely with you.

Help People live their dreams!

In the early 1990s, while battling mental health challenges of my own, I encountered a great many people with similar issues and dreams of how they wished their life would be. And so many of those people lacked the tools, understanding or knowledge of how to achieve those changes. Depression and anxiety are at endemic levels in Western society today.

I made it my life purpose to help as many people as I possibly could to improve their mental health, achieve their dreams, free their hearts and minds and live the life that they deserved and desired... And that is some way to live. With this prospectus, I invite you to do the same.

10 Module Hypnotherapy Diploma

Hypnotherapy is a powerful form of psychotherapy which has been developed by many individuals over the years, including the work of James Braid, Hippolyte Bernheim, Emile Coué, Clark Hull, Andrew Salter, Theodore Barber, Milton Erickson, Dave Elman, Nicholas Spanos, Irving Kirsch, and many, many others that feature in this diploma course.

Milton Erickson's approach greatly influenced Richard Bandler and John Grinder when they were themselves developing Neuro Linguistic Programming and it has since rapidly grown in popularity among professional hypnotherapists. Today, Ericksonian hypnotherapy skills are very popular. This is the reason that this course also integrates a fully accredited NLP practitioner certification. Whilst some of the elements of NLP and the Ericksonian approach to hypnosis lack empirical evidence, we teach the subjects and offer objective, informed critique where necessary.

This Hypnotherapy Diploma course has been designed primarily to meet the accreditation criteria for the **National Council for Hypnotherapy (NCH)**, the **UK Hypnotherapy Council (UKHC)** and the **GHSC (General Hypnotherapy Standards Council)** requirements for practitioner level hypnotherapy training. However, the qualification will also be valid with a range of other credible associations and organisations in the UK, Europe and further afield.

(For example, this course qualification is also accredited by organisations in the US, Canada and Australia, meaning that you can be fully insured and practice professionally in any of those countries too. We have students that attend from a wide range of countries where this robust qualification matches

required standards for professional practice.)

As a graduate of this school, you'll be able to be a member of the **ACCPH, NCH** and the **GHR (General Hypnotherapy Register)** to show that you are the qualified hypnosis professional on every level. We have chosen to adhere to these association's standards because they are leading, independent accrediting organisations, positively representing the field of hypnotherapy and are also the two largest organisations of their kind in the UK. We have been a member of the General Hypnotherapy Register and the National Council for Hypnotherapy, and several other organisations over the years and seen first-hand the important role they play for development and longer term standard enhancement for professionals in the hypnotherapy field.

Additionally, upon successful completion of this diploma, you also receive a full **NLP Practitioner Certification** from this college, valid to apply for membership with the **ANLP (Association for NLP)**.

This 10 module course is run either one weekend a month for ten consecutive months, or intensively in two 5 day tuition blocks; the dates of each format are displayed right at the beginning of this prospectus. Within each dedicated tuition module, you gain the necessary experience, integrate your skills and become proficient to be able to work professionally as a hypnotherapist with a wide variety of clients - something which is hard to achieve with fast-tracked, and far less thorough courses.

Upon successful completion of this course, our students receive clinical hypnotherapy diplomas awarded by this college within the standards set by The National Council for Hypnotherapists, The General Hypnotherapy Register and The General Hypnotherapy Standards Council and as such, you can apply for full membership of these organisations, allowing you to gain insurance and practice as a hypnotherapist and be recognised as one of the most approved and officially recognised anywhere!

The Hypnotherapy in Practice Diploma (HPD)

More than all of the above though, you also get a Hypnotherapy in Practice Diploma (HPD).

The Hypnotherapy Practitioner Diploma is a qualification that is verified by the **National Council for Hypnotherapists (NCH)**.

The award is then externally verified by the **NCFE (Northern Council for Further Education)** which is incredibly important.

With many hypnotherapy training schools you are awarded a qualification by the same organisation that you pay your fees to and there may be a bias towards their own students, qualifying people that perhaps are not reaching the correct levels required for developing a worthwhile career. Additionally, these training courses vary in quality, substance and duration.

An externally verified award overcomes these potential problems, ensuring a certain standard of training is provided across different training schools, a definite number of hours is spent on class training and homework, and a measurable standard of learning is evident in all students.

The award is a Vocational Qualification at Level 4 (i.e. **NVQ Level 4** equivalent). For these reasons, the award is held in very high esteem in the hypnotherapy community. For those looking for a robust qualification that matches national Vocational Standards, there is simply no other choice. The NCH reports on their website that today, 1 in 4 hypnotherapists have the HPD qualification and it is the opinion of us at this college that it is becoming the industry standard qualification.

"Having finished and qualified Adams 10 month hypnotherapy diploma course I just want to give him a big ten stars thumbs up. I have qualified from other hypnotherapy schools, but nothing I have encountered so far does match this quality. Adams depth of knowledge in hypnotherapy and evidence based approaches is superior. You just have to sit back and suck it up like a sponge. It's pure gold.

This course has given me a huge amount of knowledge and approaches. A big theoretical underpinning. The ability think critically. It has given me an ability to kind of meta looking on other approaches and assess why they work or don't work.

Adam is now one of the references I use the most. When in doubt ask Adam"

Michael Beligiannis, Hypnotherapist, Denmark

Complementary and Natural Healthcare Council (CNHC)

Graduates of this course will be eligible to register with the Complementary & Natural Healthcare Council (CNHC). For more information see www.cnhc.org.uk.

“Regulation, whether statutory or voluntary, is about protecting the public. For this reason, the Government fully supports the work of the CNHC. If patients choose to use complementary or alternative therapy, the Government’s advice is to choose a practitioner registered with a reputable voluntary registration body such as the CNHC.”

Department of Health, May 2009

This gives you a confirmation of quality

- Registration with CNHC is seen as the ‘gold standard’ for complementary healthcare practitioners.
- Registration with CNHC provides practitioners with a nationally recognised quality mark for their work.
- Members of the public are able to confirm that complementary healthcare professional has met CNHC’s standards for safe practice.

You will be able to show that you belong to an organisation that the Government recommends which will ensure you are perceived with great credibility.

Course Accreditation

Though not the most exciting of subjects, course accreditation is incredibly important.

Legally, anyone can set up a hypnotherapy training school and conduct courses of any length and any quality. The level of accreditation you get with this course gives you and your future clients confidence that you have received a sufficient dept of training so that you are a competent, confident and ethical practitioner.

We urge you to rethink if you feel tempted by a short, cheap, unaccredited hypnotherapy course.

You need time to develop your skills, experience and depth of knowledge before you practice professionally. This course gives you the time needed to develop the skill set necessary to thrive in this field. This course also meets **National Occupation Standards** and this may be important to you later if the government bring in statutory regulation of hypnotherapists. Although nothing is currently cast in stone, the best insurance for that happening is to take a quality course that meets National Occupational Standards.

The NCH

We are an accredited school with the **National Council for Hypnotherapy (NCH)**. One of the oldest independent, non-profit hypnotherapy organisations in the UK, the NCH is well respected amongst the hypnotherapy community and provides low cost insurance and Yellow pages advertising for its members,

an interesting quarterly journal and a referrals system. It has a comprehensive code of ethics to protect members of the public, a code that this school and its tutors adhere to. They also organise a well-attended hypnotherapy conference each year.

The NCH is the **only** professional body to provide the Hypnotherapy in Practitice Diploma which has been validated by NCFE, a government recognised national awarding body, at National Vocational Qualification Level 4 equivalent



More hypnotherapists are realising that the HPD is the way forward and the future of this field. When you register for this course, you will get free student membership to the NCH and become a registered member upon qualification

The GHR

The General Hypnotherapy Register (GHR) is overseen by the General Hypnotherapy Standards Council (GHSC) and is responsible for its day to day administration and this diploma will permit you membership of the GHR.



It is a professional association and register of practising hypnotherapists, comprising in excess of 7,000 practice locations listed together with registered therapists in some 30 countries around the world.

Further Information

For further information on Hypnosis as a phenomenon, please read the articles referred to at the back of this prospectus or get in touch for some direction. This Hypnotherapy Practitioner Diploma programme has been designed to help you to learn the fundamental aspects of evidence-based hypnotherapy, certain counselling skills and to integrate aspects of NLP - for specific therapeutic application.

This diploma also draws greatly on the work of modern cognitive behavioural approaches to hypnotherapy and incorporates them in a way that advances and enhances your hypnotherapy skills. This is a favoured subject of mine (Adam Eason, College Principal) and these evidence-based approaches feature greatly in the latter parts of this diploma in particular.

Drawing upon the successful patterns used by myself, my peers and fellow tutors over the years in real-time practice, this course is based upon more than just theory. You learn a wide variety of techniques, in an accelerated way which means that you can be amongst those who know the processes which can help to get real results.

People who have attended and who continue to benefit from this kind of training and development include medical doctors, psychiatrists, psychologists, nurses, care workers, counsellors, hypnotherapists, NLPers, complementary health practitioners, business people - and beginners just starting to create new careers for themselves in the world of modern, innovative, evidence-based healthcare.

If you are totally new to this field and/or have not studied for years; you'll most likely be in the majority and will be supported accordingly throughout.

These stated guidelines adhered to have been designed to meet the Government's growing interest in minimum training criteria throughout the field. Not all courses consider these levels. I personally believe in setting up your skills for the long term future.

Having run a very busy, thriving hypnotherapy practice myself for many years now, this course also offers many skills to apply with regards to setting up a professional hypnotherapy practice and offers lots of education and shared experience on how to make your business a real success. These are authentic strategies that we give you to ensure that you make a good living (if that is your desire) while helping the lives of others. The insights that you gain from this course are the kind that you would often spend years in practice seeking to develop.

The Hypnotic Methods You Will Learn

- A Wide Range of Hypnotic Language Patterns
- Compounding suggestions
- Classical Suggestion Therapy
- Confusion and Sensory Overload Methods
- Susceptibility Tests
- Creating Unparalleled Hypnotic Expectation
- Elicitation and 'Deepening' of Hypnotic Phenomena
- Ego Strengthening Methods
- Ericksonian Language Patterning
- Habit Control Methods, including Stopping Smoking and Weight Reduction Strategies
- Facilitating Hypnoanaesthesia and Pain Alleviation

- Ideo Motor Responses
- Indirect Hypnosis Principles as Taught by The Creators
- Metaphor and Therapeutic Story Telling
- Parts Work and Identifying Hidden Benefit of Symptoms
- Quotes, Analogies, and their Appropriate Use
- Various Regression Techniques
- Inner Child Work
- How to Deal with Hypnotic Abreaction
- Creating and Using your Hypnotic Voice
- A Wide and Varied Number of Hypnosis Inductions
- Conversational Hypnosis
- How to Teach Therapeutic Self-Hypnosis to Individuals
- Hypnotic Writing
- How to Hypnotically Develop your Business Beyond your Expectations
- Indirect Hypnosis Methodologies
- How to Develop your own Unique Hypnotic Style
- Use Hypnosis without ever Needing to Use a Script
- Specialist Hypnotic Principles to Underpin your Entire Life!
- An Incredible Amount More...

From the field of Cognitive Behavioural Hypnotherapy, You Will Learn:

- Desensitisation Techniques.
- Mindfulness Processes.
- Assertiveness Training.
- Hypnotic Skills Training.
- Exposure Therapy.
- REBT Processes.
- Elements of Arnold Lazarus's Multimodal therapy.
- The Ideo-Dynamic Reflex Theory of Suggestion.
- Habit Reversal.

- Thought Stopping Protocols.
- Cognitive Distortion Identification
- Cognitive Disputation methods.
- Cognitive Restructuring methods.
- Socratic Questioning techniques.
- Cognitive Behavioural Client Skills Training.
- ACT approaches, and more.

At the Core of Your Hypnotherapy Understanding, You Will Learn:

- The Many Varying Definitions of Hypnosis
- The History of Hypnosis.
- The Philosophy of Varying Schools of Hypnotherapy.
- The State vs. Nonstate Debate.
- Key Empirical Research Findings that Support the Field of Hypnotherapy.
- Forms of Suggestion.
- Reflective Practice Methods
- The Neuroscience of Psychotherapy.

By the End of This Diploma, You Are Going To Be Able To...

- Develop an understanding of the basic principles and concepts concerned with hypnosis.
- Demonstrate competence and diligence in the processes and application of basic hypnotic skills.
- Competently manage the hypnotic experience of the person or people you are working with.
- Hypnotise groups of people.
- Show natural and competent use of hypnotic language patterns.
- Illustrate the importance of a professional attitude and

standards.

- Effectively manage and organise a therapeutic practice.
- Explain and appropriately dispel the myths and misconceptions in the use of hypnosis with clients.
- Show a good knowledge and understanding of the unconscious mind; if such a thing exists at all.
- Demonstrate your knowledge and use of sensory modalities.
- Safely and effectively deal with abractions.
- Display the use of basic coaching skills and appropriate information recording.
- Ably demonstrate effective rapport and development of the therapeutic relationship
- Run a successful, professional hypnotherapy practice
- Develop uncanny sensory acuity skills and learn how to effectively read the signs on display with body language.
- Learn to notice things that many people are oblivious to, so that you see and hear things that are seemingly invisible to the average person in the street.
- Use hypnosis-inducing stories and metaphor to get your messages delivered unconsciously and elegantly.
- Hypnotic State Management: Feel at your best in any situation and programme yourself
- to automatically feel that way with your clients.
- Hypnotic Time Distortion: Literally speed up or slow down your perception of time with ease - a multi-purpose tool.



- Create Hypnotic Phenomena: You'll be one of those hypnotists that can convince clients they have truly been hypnotised and also be able to immediately demonstrate hypnosis wherever you are - hand stick, anaesthesia, catalepsy, amnesia, hallucination and much more will all be skills that you can use with ease. You'll not be one of those hypnotherapists who shy away from being put on the spot or who can only use his/her skills in the therapy room.

You'll be learning a great deal more than this too...

You Also Learn Many Skills From The World of Coaching, Counselling and NLP.

- Understanding and application of the presuppositions of NLP.
- Rapport Establishment & Maintenance: Discover how you create your own 'version' of reality and how to enter other people's worlds to gain better understanding.
- Matching and Mirroring: How to use this approach to build easy trust and how doing it wrong will lead to anything but!
- Verbal and Nonverbal Pacing and Leading.
- Verbal and Nonverbal Elicitation of States and Responses.
- Calibration Techniques: Learn how to ask a straightforward yes/no question and check their response without them even knowing you've asked it. You'll always know whether someone is telling the truth or not!
- The Yes Set: You'll get people saying 'yes' so much that they don't even think of saying anything else.
- Representational Systems and Identifying Them: Learn how we see, hear, and touch the world around us.
- Milton Model: How to Use it with Elegance and Ease - use this powerful linguistic model to talk to people's unconscious and

- to induce trance states in your subjects.
- Meta Model: Finally Made Simple and Easy to Effectively Apply: Learn over a dozen questions that laser beam through people's minds when it comes to gaining clear understandings and solving problems.
- Creating Well-Formed Outcomes and Effective Goal Achievement Systems: How to set goals in a way that almost guarantees success.
- Eliciting, Installing and Utilising Anchors and Advanced Anchoring Skills.
- Submodalities (Utilisation including Timelines, Belief Change, Swish patterns).
- Predicates: Hear the clues in other people's language and adjust your communication style to build deep rapport and understanding.
- Fast Phobia Cure: Learn how to cure fears and phobias with this fast and effective process - some people make a good living doing this one thing alone.
- Accessing and Building Resources to Use Anytime.
- Content and Context Reframing Used Conversationally and Therapeutically.
- Demonstration of Flexibility of Behavior and Attitude.
- Coaching with NLP.
- The S.C.O.R.E. Model.
- The TOTE Model: Understanding this model and using it to set up minute-to-minute feedback is an essential first step in doing any NLP change work - with yourself or others.
- Know how to blow out excuses or rationalisations any client gives you by harnessing their own resources in a very particular way.
- Working with archetypes and analogy to advance metaphor.

And Here is Some Jargonised Stuff You Are Going To Learn as Well:

- Visual Squash.
- Collapsing Anchors.
- Six Step Reframing.
- Reframing in Language.
- Sliding Anchors.
- The Presuppositions of NLP in-depth, and how to apply them effectively.
- Belief Change Techniques.
- Advanced Sensory Acuity.
- Neuro-Logical Levels.
- Strategy Elicitation and Utilisation.
- The Language of Influence and Persuasion
- Peripheral Vision Development.
- Timelines.
- Perceptual Positions.
- Metaprograms.
- Spatial Anchoring.
- Ultra Depth Self-Hypnosis.
- The Dancing SCORE method.
- Tracking transitions.
- Utilising archetypes of change.

...and so much more that we could list for an age! Is that enough jargon for you, or what?

Curriculum Details

This Hypnotherapy diploma course covers a dedicated training programme of tutor led tuition.

Monthly: Spread over 10 months, one weekend a month for each tuition period. Each module consists of 2 days of training, a Saturday and Sunday, each day lasting about 8 hours. This makes it easy for you to attend while also managing your family and career needs.

Hybrid: Two 5 day intensive tuition blocks in Spring and Autumn each year. You study the online course for theory prior to each tuition block. A more immersive learning experience, suits those traveling from afar. Additional live online tutorials are included.



Live tuition hours for both formats can be bumped up due to diploma students being permitted to join the college one day seminars at cost price during the academic year should you wish.

Further reading, course assignments, case studies and other course work totals approx. 350 hours of study time needing to be invested by you. Remember, you also get full access during your study to our online members area with over 250 hours of supplementary video training to use if you wish or require it.

Further Inherent Elements of This Training Course:

Competence To Practice Professionally

This diploma is designed specifically to train you to be able to confidently go straight into clinical practice as a professional, fully insured, competent hypnotherapist. Elements and strategies are also included that ensure you have the business acumen to do that.

Business Development

We offer all delegates a free to attend, additional business development workshop toward the end of the course (on a Saturday evening, after class) to make sure you have all the necessary information, understanding and tools to make a credible career for yourself if that is your aim.

Online Membership Resources

We also offer additional guidance and support by giving you access to the full video recordings and online resources to use to revise or revisit course modules. There is a VAST amount of supplementary resource in this online diploma area in the form of hundreds of audio files, training videos, ebooks, articles and much more — all for you to aid your study and enhance your knowledge and skills!

Peer Community

You are also encouraged to join our online support groups - There is much discussion, support and guidance in there to help when you study with the school and thereafter to support your career. Each diploma course has it's own private group set up for you to communicate with your fellow students too.

We also offer a year of continued professional development, supervision and advice while you get fully set up, and can help to locate continued supervision thereafter should you require it.

Diploma Course Content

We ensure that your competencies meet the required standard of both theoretical understanding and practical application. We like to keep abreast of modern developments and research and list this in our hub for your reading throughout the course - to help advance your own knowledge base in the hypnotherapy environment.

The Diploma Format

In keeping with the national standards given for the HPD, there are set specified learning outcomes for this diploma - given to you at the beginning of each module...

You also get a full list of the HPD learning outcomes at the beginning of the diploma, though we am happy to furnish anyone prospectively interested in this course with a copy should you wish it.

We believe in getting lots of practice and real life experience as the course progresses. Therefore, the curriculum of the course is divided to cover 50% practical training and 50% theory training which includes the following.

Developing The Working Alliance:

Understanding the need for trust and learning a number of ways in which rapport can be established and enhanced. We look at the history of this notion, the key proponents to the evidence-base of the therapeutic alliance. Also included NLP- based, pacing, leading, matching and mirroring. Evidence-based body language techniques and understanding. The therapeutic alliance and the collaborative nature of hypnotherapy is key here also.

Communication enhancement:

In-depth analysis of Non-Verbal Communication skills. Learning to understand and appreciate the distinctions in the art of

effective communication. Covering tonality, inflection, pace of delivery and speech pattern styles, the hypnotic voice and your own state management.

Inducing Hypnosis:

Covering a number of formal/classical inductions along with a variety of permissive Ericksonian and indirect techniques. You'll learn the strategies of performance hypnosis and how to ethically apply them to the therapeutic environment as well as the inductions and methodologies that are used in research studies. How to emerge from hypnosis - a number of principles for doing so.

(Additionally, you are invited to attend my day-long seminar on this topic run regularly at cost-price fee as a diploma student)

Hypnosis Pre-Talk:

What a practitioner needs to run through with a client before entering into hypnosis.

How to begin the hypnosis set-up conversationally. How to create the correct expectations and use your hypnotic skills conversationally before the 'official' hypnosis begins.

Learning to educate your client effectively, conceptualise hypnosis accurately and develop understanding is incredibly important.

Hypnotic Therapeutic Intervention:

Covering a wide variety of therapeutic interventions for use in clinical practice. Most are strongly evidence based.

Many have standardised scripts supported by research.

These include applications to help people with the following issues which are covered in detail in class:

- stop smoking,
- reduce weight,

- deal with pain,
- let go of phobias and anxiety,
- deal with depression,
- enhance sleep,
- overcome IBS
- excel in sport,
- deal with grief,
- alleviate stress,

and much more.

Throughout the course the tutors and assistants work with you individually too.

That means that you get to develop and create a congruent personality and portray the right human aspects that a hypnotherapist should.

You get to ensure that you are developing as the course proceeds.

Theoretical Training:

Your theoretical training with us will include an understanding of the history of hypnosis and NLP. It will also include knowing the various laws, codes of ethics and being aware of important research and developments.

How to Deal With Abreaction:

Your training as a clinical practitioner will include understanding what an abreaction is, why it sometimes occurs, and how to deal with it.

Regression & Investigatory Techniques:

You will learn how to do hypnotic regression and related psychodynamic techniques for therapeutic and analytical work. You'll also receive a thorough critique of this application of hypnosis and will learn to understand the opposition to this approach as well as examining what the evidence says for and

against regression, which is a controversial subject matter at times.

Information Gathering:

It is important that students understand what the therapist needs to know about his/her client and what the client needs to know about his/her therapy.

Also covering the effective use of case notes and record keeping, confidentiality, boundaries, areas of specialism, treatment costs, etc.

Conducting an effective assessment is crucial to therapeutic success and we cover standardised protocols and a wide range of further considerations. Additional tools include learning problem solving protocols and a variety of questioning techniques.

Core Skills:

Utilising all of the Core Skills; which include Hypnotherapy, CBT, NLP and Counselling Skills in a competent manner.

You also learn how to formulate a treatment plan and structure your therapy sessions in the most effective way.

Contra-indications:

Hypnotherapy cannot be used to treat every and any condition. Also, certain conditions necessitate special care when considering the use of hypnotherapy - we'll cover what they are and what options you have. You'll learn how to know when not to work with people and who is best

not to work with and refer to other qualified professionals

Written and Practical Assessment:

You will be expected to complete written homework to demonstrate your understanding of the learning outcomes.

After each tuition module you are emailed an electronic manual with that module's learning objectives and notes within it.

You will be expected to conduct your own further reading around the subjects too.

Each module you are required to complete homework that contributes to your graduation. Some people are unable or uncomfortable with written work, so there are verbal means of assessment too.

Your practical therapeutic skills are assessed on an ongoing basis throughout the course.

You will be observed, given feedback and assessed throughout the course.

Additionally, you will have to complete a number of case studies (real or hypothetical).

You are required to complete a portfolio work that includes short answer questions, construction of treatment plans for your case studies, plus keeping a log of your homework feedback calls throughout the course.

The questions are set as homework and spread evenly throughout the course as they relate to particular modules.

As already mentioned, you are monitored informally throughout the course whilst doing practical exercises, though there is no pressure, the practice aims to help you learn, develop fluency and be a better therapist.

All your work is given structured feedback.

Provided you are willing to learn and you respond well to the feedback you are given, you'll pass this course.

Membership:

Once qualified, you will be able to apply for full membership of the ACCPH, GHR, NCH and CNHC as well as a number of other organisations should you wish, which will enable you to gain insurance to practice professionally.

Your Diploma:

Your Hypnotherapy Diploma will be awarded upon successful attendance and completion of your classroom training and related home study work.

Achieve Your Diploma Via Livestream

As already mentioned you can study this Hypnotherapy Practitioner Course via the livestream whereby half the students are in class and the other half are online joining us from home.

Additional Support

In addition to your course tutor teaching the vast majority of the course, on hand throughout the diploma are a number of well-qualified assistants and co-tutors, all of whom are graduates of the college who are available for your personal support, as well as to assist the team throughout the diploma.

The role of the assistants at this college utilises a range of skills and experience to accompany and assist the students throughout their learning process and to provide additional pastoral care. One of the course assistants will be allocated to you as a support tutor throughout the time of the diploma.

The course assistants have all completed the training before,

know what you are going through and will be able to help you in a wide variety of aspects of the course, in addition to your training from me.

If you encounter personal issues or challenges throughout the time that you are a student with the college, the assistant is on hand to help you as best as they possibly can, ensuring you have a good support network available to you throughout the diploma course.

Following each homework submission, we personally run through your homework with you and we'll speak outside of class (one-to-one) to ensure you are on track. You'll also have someone other than the class tutor to ask questions of, be supported by and to offer an opinion other than mine. The assistants also help with class exercises to ensure you get plenty of personal attention.

Many schools that struggle to fill their classes make a big play about having low numbers of students on the courses they offer. However, you need to have large enough numbers to be sure everyone gets to practice with a wide range of individuals and develop comfort with diversity. This is what gets you prepared for life as a therapist. If you have only practiced your skills on the same handful of people throughout your training, can you be sure that your skills will meet those required standards?

Here, we make sure the numbers are low enough and that we have enough assistants on the course for you to get lots of personal attention, but that the numbers are also large enough for you to get the depth and range of diversity of people to practice with - as with real-life practice, you'll need to be comfortable working with a wide range of people from a range of backgrounds.

Having a number of full-time assistants also ensures that you get a variety of insights that help you build up your own eclectic mix of skills and develop your own stance, which makes a real difference.

Additional Support with Video Footage:

Every diploma course student also gets full video footage of the diploma course and of a number of other seminars and lectures that have been taught and run by the college in the past. This ensures you get access to footage that you have been taught and can get a recap of any module whenever you want to, and if you ever miss a day's training for any reason, you have visual access to it too.

This is a vast resource that aims to supplement all the other learning materials you are supplied, and ensures that you get the most comprehensive training that is available.

Additional Support / Setting up in Business:

Towards the end of the course, you'll be invited to attend an evening workshop, free of charge, following one of your training days. This workshop will be all about building a successful hypnotherapy practice. You'll be shown techniques, strategies and given important information on how to make that happen for you. This is real-life, tried and tested information from some of the UK's busiest hypnotherapists.

Additional Support in Furthering Your Skills:

Throughout the academic year that you are a student on this diploma course, you will be invited to join Adam at any of his other one day seminars anywhere in the country for cost price only.

As a diploma student of this college, you'll be able to join him

for his Rapid Inductions Seminar, his Self-Hypnosis seminars and Continued Professional Development events - all for the cost price (usually around £25.00) - this is a rare opportunity to train with other professionals, develop even more skills and network.

You'll also get support from our online forums - which are free to use and have discussion threads, announcements about events and are a valuable resource that revolves around the college, our students and our alumni.

By the end of your academic year, you'll have had opportunity to learn how to be a fine and highly skilled hypnosis professional indeed.

ONGOING

Upon qualification, you will be guided to seek out a supervisor to work with you as you develop your career. Supervision is a requirement of all members of the major hypnotherapy professional organisations.

Supervision helps develop your skills, informs you of the choices you make in therapy and helps you to continue to be the best hypnotherapist you can be. Here at this school, you get much more than just supervision, though.

Due to the very nature of being a qualified hypnotherapist, we can sometimes feel isolated. We 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 our online forums and groups you have continual access to online, we organise a number of regular events that are well attended by former students and graduates of the school:

Hypnotherapist Development Hub:

Counting as formal CPD (Continued Professional Development) 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 who present online webinars and lectures. 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 engage in monthly group supervision, 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.

Online Support Group:

In addition to our main college online forum filled with graduates and students of ours, we also set up online forums for your specific diploma group for you to discuss, support each other and for us here to share important and useful links, additional resources or advise of latest research etc.

End of Term Celebrations:

At the end of each course, we usually arrange a meal together or a similar type of social occasion to celebrate the end of the course and the beginning of a new journey as a hypnotherapist.

We also do our best to hold social events, additional lectures and gatherings to get to reunite with your colleagues, meet previous students and have some fun.

At the end of each year, we run a full-on evidence-based seminar that students can join for free, and we usually have a festive season event of some kind afterwards.

Because of the number of years this college 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, we 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.

It is a wonderful community that we have here, and, as a student and graduate of this college, you become an inherent part of that supportive community. In my experience of training with many schools, speaking at conferences and networking with thousands of hypnotherapists each year across the world, we know that hardly any other college or school offers such continuing ongoing support.

Be Part of The Success:

In recent years,

- several of our graduates have been finalists at business awards events,
- some have created and pioneered their own therapy approaches and strategies,
- several featured on radio shows and in magazines,

- some have lectured in a wide variety of venues,
- a number have recorded online audio programmes that are selling around the world,
- several have written books,
- several have presented fully booked workshops,
- several have spoken at local events,
- and many are working full-time as hypnotherapists.

You can see it all for yourself within our community online or at our events.

I'd love for you to share in that success and be a part of this very exciting time for this field. **We hope to hear from you in due course and welcome you warmly to the college.**

"When I decided to take a huge step by ending my career in the corporate world of employed work, to pursue my desire to become and practice as a fully qualified clinical hypnotherapist, I took my time in researching and asking in depth questions of the various tutors of the courses available nationwide. This was to ensure that I made the best informed decision possible prior to committing myself to one of the numerous HPD courses that are out there.

Although I had already studied and completed several online hypnotherapy diplomas I wanted to find the 'crème de la crème' of classroom-based diplomas. The one HPD course that shone above all others was Adam's. Right from the outset Adam was highly responsive to my questions and queries, extremely accommodating and supportive, talked very candidly and honestly which made everything very clear and I just couldn't wait to get started on his 10-month classroom-based diploma. Adam's commitment to myself, as one of his students, is what I would say 'ground-breaking' in my experience of tutor support.

Having now just completed the diploma, the investment that I made, in my time, tenacity and energy in finding the right course has been paid back tenfold. I believed that I was fairly knowledgeable already in the skill and knowledge of clinical hypnotherapy, due to my previous studies within this field, but I was wrong. Every single minute whilst in the classroom during the 10-month period, Adam held my attention and curiosity as he is one incredible and exceptional tutor who knows how to teach in a very thorough, structured and balanced approach. Adam is the 'ultra-professional' in all aspects.

When joining Adam's HPD course you are given resources to help you every step of the way. The resources provided by Adam are not only superb when in the classroom but also outside of the classroom when undertaking the coursework, self-development and practicing the skills to become a highly effective clinical hypnotherapist. You just never stop learning and Adam continually opens your eyes to think critically and ensure that you have a fully rounded view of every aspect within the field of hypnotherapy.

The camaraderie, support and friendship that is built with fellow students and course assistants is priceless, you are never alone that's for sure. The course is challenging without a doubt and for the right and professional reasons. Adam's delivery of the classroom content is done in such a way that you can't take your eyes off him or ears away from him whilst, for sure, you will come away after each day having had a plethora of 'belly laughs'.

I am now far more knowledgeable and confident as a clinical hypnotherapist since undertaking Adam's HPD. My learning and self-development will never stop and I will continue to attend further courses that Adam runs without any hesitation. I just cannot recommend both Adam and his courses highly enough."

**Neil Irish,
Hypnotherapist, Life coach and counsellor, Poole, Dorset.**

Articles and resources to help understand the college ethos (click on the links below)

- 1. Click Here to See Adam mythbusting and discussing important topics at the "Hypnosis Geek" YouTube Channel.**
- 2. Enjoy this free recording of the webinar "Essential Guide To Becoming a Successful Hypnotherapist" it is filled with information and offers plenty of further free resources.**
- 3. Our Main College Facebook group. Come and see how other graduates are getting on, discuss hypnosis, be supported and learn from experienced hypnosis professionals.**
- 4. FREE Roadmap and guide to the best Hypnotherapy Training and a Major Resource Giveaway. Download it here.**

- 5. Adam's personal blog. Filled with self-help techniques, articles and research. Plus you can download two free hypnosis audios here.**
- 6. Adam on Instagram. Video clips, evidence based hypnosis memes, articles, and you can see Adam lifting weights and competing in fitness events by clicking this link.**
- 7. The Top Ten Important Articles we Recommend All (budding) Hypnotherapists read.**
- 8. Facebook page for the Anglo European College of Therapeutic Hypnosis.**
- 9. Twitter account for the Anglo European College of Therapeutic Hypnosis.**
- 10. Some of the many testimonials and accounts from hypnotherapists who graduated from this college.**

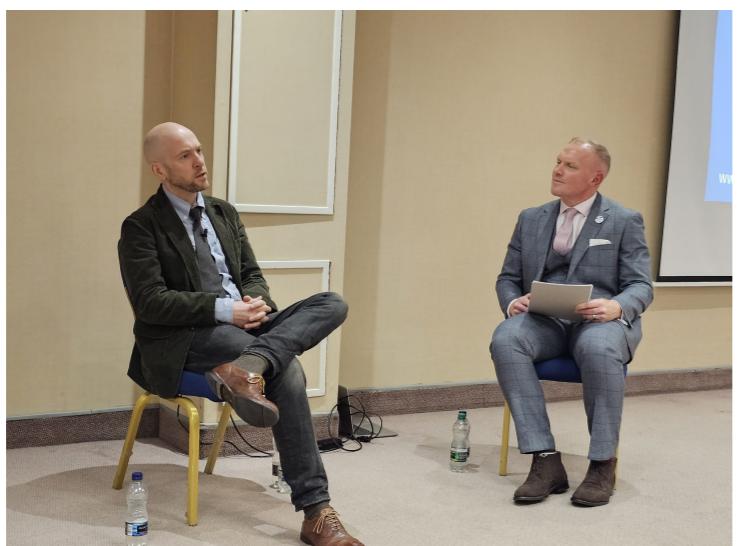
“Adam Eason delivers high quality, thought provoking and, above all, field-tested hypnotherapy training. His playful yet professional manner engages the listener in such a way that time flies while you learn. Personally, I could listen and watch him all day.”

James Brown, Professional Opportunist, Speaker, Author, Performer

“I have just completed Adam’s 10 month Hypnotherapy Diploma Course and I loved it. I am happy I have graduated, but sad that those fun filled, interesting, mind expanding, supportive, friendly learning modules, with my fellow trainee hypnotherapists, are over.

I would highly recommend Adam’s course to anyone who wants to learn about hypnotherapy in a down to Earth, balanced way, free to adopt their own take on the subject without being forced to follow one particular way of thinking. Anyone doing this course will not only improve their own lives as a result of doing some of the tasks along the way, they will also be very well equipped and able to help other people using a well documented, effective array of tools and techniques. I particularly liked Adam’s sense of humour and style of teaching as well as meeting loads of new friends.”

Pete Vincent, Hypnotherapist, Bradford-On-Avon,



“I have just qualified as a Hypnotherapist with Adam Eason’s college and I can honestly say this course has completely changed my life, not only has this course provided me with all the knowledge and tools to work with to be a competent Hypnotherapist; it has helped me to truly develop and grow as a person. My self-esteem and confidence has never been higher! I cannot recommend this college enough. Thank you Adam.”

Theresa Carter, Hypnotherapist, Reading, Berks.

“It is no surprise that Adam is one of the preeminent names in the field of hypnosis and hypnosis study in the UK and that his college and his courses are considered by many to be industry leaders.

Adam’s commitment to the profession and to maintaining his own high standards as a therapist, coach and as a teacher is both exceptional and commendable. While so many of his peers seem happy to dilute, condense and compromise their training material, Adam remains driven and motivated to offer his students the highest level of training possible, supported by extensive scientific research and involving therapeutic approaches that can be utilised in the real world.

As the organiser of the UK Hypnosis Convention, not only was Adam incredibly supportive of the conventions ambitions to raise the standards of the profession, he has been instrumental in it becoming a success, including accepting the invitation to be the keynote speaker in its inaugural year.”

Nick Ebdon, Founder, UK Hypnosis Convention

“ It can be really daunting choosing a hypnotherapy course and I really wanted to get the best possible training and highest qualification I could get. After extensive research I called Adam to have a chat and thank goodness I did. His level of knowledge, experience and dedication to promoting evidence-based practice really challenged my thinking and approach. There was no decision to be made after that phone call.

My experience on the course was nothing short of life changing. The training is extremely broad and comprehensive and you’re encouraged to develop your own style, approach and opinion. There is also a real sense of community and support that continues well after you qualify.

Since the diploma I’ve gone on to complete several workshops with Adam as well as the Hypnotic Coaching course all of which have been an incredible standard. I have absolutely no hesitation in recommending this training to anyone who wants to receive a high level of education and have a lot of fun in the process.”

Claire John, Hypnotherapist, Winchester, UK

Adam Eason’s course has taught me invaluable skills; both personally and professionally. The Diploma has allowed me to challenge myself and my existing practice and I am able to offer a more holistic and effective service to my clients as a result. I cannot recommend this course highly enough and, if you are having any doubts, put them aside now and just enrol! You won’t regret it!

Nina Wilson, Therapist & Counsellor, Dorset, UK

“I attended Adam’s diploma course as an already qualified and practicing hypnotherapist. It was the best thing I have ever done and really advanced my existing knowledge and skills and really changed how I worked with my clients, all of which has led me to achieving better results. I came away from the course well equipped and able to help clients suffering from a much wider range of presenting issues than before. I am certainly a more confident hypnotherapist and individual since completing the course.

Adam is very supportive, encouraging and provided me with many opportunities to challenge myself and to progress further of which I am very grateful for. The course content and Adam’s style of teaching made for a very interesting, entertaining and accessible course that I enjoyed immensely.

I can honestly say that it has been the highest quality, most informative and comprehensive hypnotherapy course I have been on.

I would highly recommend Adam’s course to anyone starting out in the field of hypnotherapy and to those who are already qualified who are seeking a more thorough understanding of the subject.”

Sarah Mortimer, Hypnotherapist, Bristol, UK