



Clinical Hypnosis

Prospectus



St Mary's
University College
Twickenham
London





The Study and Application of Clinical Hypnosis

Welcome to the St Mary's University College and the Brief Strategic Therapy & Clinical Hypnosis (BST) Foundation's prospectus. The aim of this information is to provide prospective students with a comprehensive guide to the BSc (Hons.) in Clinical Hypnosis and the Diploma of Higher Education (DipHE) in Clinical Hypnosis. Whether you are choosing to pursue a new career, or wishing to broaden your existing skills and knowledge, this prospectus will provide you with the information you need to take your studies further.

St Mary's University College

St Mary's University College is an established University College with emphasis on caring for the individual. St Mary's has a strong academic record with an excellent reputation. The friendly, caring atmosphere ensures a warm welcome for everyone at St Mary's. St Mary's provide high-quality academic and professional higher education ensuring value is placed on helping students fulfil their full potential.

The Brief Strategic Therapy & Clinical Hypnosis Foundation

The Brief Strategic Therapy & Clinical Hypnosis (BST) Foundation was established in response to the increasing demand for ethically and professionally trained therapists in the field of Clinical Hypnosis. The Clinical Hypnosis training programme has been developed by experts in the field and is based on current research and a wealth of practical experience, incorporating aspects of psychiatry, psychology, counselling and modern medicine.

The Foundation provides an exceptional opportunity to learn clinical hypnotherapy, particularly due to the support and skills provided by the teaching staffs, which has international reputations in Clinical Hypnosis and related fields. All classroom teaching takes place in established academic venues with state-of-the-art learning facilities.

The Programmes

St Mary's University College has joined in collaboration with the BST Foundation to provide a BSc (Hons.) and Diploma of Higher Education in Clinical Hypnosis, thereby allowing students to achieve recognised higher educational qualifications through vocational training.

The BSc in Clinical Hypnosis awarded by St Mary's University College and taught by the BST Foundation is the only undergraduate degree programme in Clinical Hypnosis in the UK. The DipHE is the only formally recognised qualification to practice and our courses have a proud reputation of being acclaimed by many to be the most comprehensive and practically based practitioner training programme available.

Introduction

Hypnosis has been used in various forms as a therapeutic tool for thousands of years. However, the formal term hypnosis was coined as recently as the 18th Century. Traditionally, hypnotherapy has been used within the medical field and its use has been approved by the British Medical Association (BMA) and the American Medical Association (AMA). Hypnotherapy has become an established, evidence-based treatment for a number of common conditions and a recent report by the British Psychological Society (BPS) states "Hypnosis is a valid subject for scientific study and research and is a proven therapeutic medium" (BPS, 2001, p 2). Hypnosis is one of the most commonly used therapies, with an estimated 353,000 patients visiting a hypnotherapist, resulting in nearly one-and-a-half million private and NHS appointments every year in England. To meet this demand, more and more sole practitioners and health professionals are being trained in its use.

Clinical Hypnosis - The terms Clinical Hypnosis and Clinical Hypnotherapy refer to both the diagnosis of problems and the application of hypnotherapeutic approaches to treat others within a clinical and structured framework.

Clinical Hypnotherapist - A clinical hypnotherapist is typically a qualified professional in hypnotherapy who uses hypnosis, or employs it as part of a treatment regime for a variety of psychological and physiological problems. When professionally trained in the skills of hypnotherapy, the practitioner possesses an effective and profound therapeutic tool to help others. Hypnotherapy is utilised in many diverse areas including conventional medicine, clinical psychology, psychotherapy, counselling, sports psychology, self -development and in business.

Hypnotic Experience - Hypnosis is a highly receptive therapeutic learning state which the individual accesses in order to make positive changes. In a therapeutic setting this process is facilitated by the hypnotherapist. The naturally relaxed state of hypnosis allows individuals to make rapid changes and to enhance their lives through a process of learning appropriate new beliefs, breaking unwanted habits, changing negative behaviour patterns and overcoming learned limitations. In addition many individuals naturally experience an enhanced feeling of well-being and a more positive outlook after each hypnotic experience.

Career Opportunities

The highly vocational nature of both the full BSc (Hons.) and DipHE in Clinical Hypnosis prepares students to set up in private practice, work within the NHS or within other pre-existing professional environments. With an increase in referrals from health care professionals and a growing number of private health care providers willing to cover the cost of treatment, there is an increasing demand for skilled and appropriately qualified hypnotherapists. The BSc and DipHE are academic qualifications recognised and welcomed by employers both in the NHS and the private sector.

Sequence showing three stages of hypnosis



1. Induction



2. Deepening the trance



3. Unconscious Hand Levitation



St Mary' University College Awarded Qualifications

Certificate of Higher Education – Level One

A Certificate of Higher Education (CertHE) is a higher education qualification, awarded after one year of study in higher education and shows a basic level of educational competence, it also allows students to assess their suitability for further study. This level of training is appropriate for anyone who wishes to learn and experience hypnosis and how to induce it in others in a safe and professional environment. A Certificate is awarded if students do not progress on to Level Two.

Diploma of Higher Education – Level Two

A Diploma of Higher Education (DipHE) is a higher education qualification awarded after two years of study in higher education. The DipHE through its merits is a highly respectable qualification and recognised by employers.

Completion of Level Two provides successful students with a qualification as a Clinical Hypnotherapist and allows them to practice clinically within an NHS setting or privately.

The DipHE in Clinical Hypnosis is the first qualification of its type in the UK. It is therefore, the recognised training programme for all those interested in studying hypnosis and becoming a Clinical Hypnotherapist. The DipHE in Clinical Hypnosis is a highly vocational training programme. It is delivered as a part time, flexible course which allows you to continue working whilst obtaining a recognised higher education qualification. It should be seen as the appropriate level of competence that needs to be achieved and is essential to commence professional practice as a Clinical Hypnotherapist.

BSc (Hons.) Clinical Hypnosis – Level Three

The Clinical Hypnosis Degree BSc (Hons.) provides a top up qualification to the DipHE in Clinical Hypnosis with one further academic year of part time study in higher education. This is the only BSc (Hons.) degree programme in clinical hypnosis in the UK. The course provides you with a scientific understanding of the principles and practices of clinical hypnosis, which have been developed through a culmination of research, practical experience and continued exploration of current therapeutic approaches. Students will be accepted on the BSc having completed the DipHE on an individual basis subject to achieving the BSc admission criteria.

Further Study Postgraduate Opportunities

Opportunities may also be available at St Mary's to study for a PhD leading to a University of Surrey award but this is subject to approval of an appropriate research proposal.

Doctor of Philosophy, usually abbreviated as PhD, is an advanced academic degree awarded by universities. Universities admit applicants to PhD programmes on a case-by-case basis; admission is typically conditional on the prospective student having successfully completed an undergraduate degree with at least 2.1 honours, or a postgraduate master's degree. A PhD is usually completed in 3 or 4 years of study.

Ongoing training for Professionals

The Foundation's Clinical Hypnosis courses have also been recognised for Continued Professional Development (CPD) approval from a range of governing bodies. This has allowed psychiatrists, psychologists, psychotherapists and counsellors to use their training to contribute towards their individual CPD requirements. Mental health care professionals should contact their own CPD organising body for eligibility.

Currently practising or previously trained Hypnotherapists (Fast Track)

Currently practising hypnotherapists may wish to complete the BSc and/or DipHE in order to gain an academic qualification in their specialist area. The Diploma of Higher Education is the 'gold standard' in hypnosis training and as the Government are in the process of regulating all complementary health professions, may in the future act as the minimum standard of training required to practice. It is therefore important to be able to offer currently practising and trained hypnotherapists the opportunity to acquire a formal academic qualification in hypnosis. There is recognition of pre-existing skills and training, practising hypnotherapists who can demonstrate proficiency in hypnosis with a sufficient level of experience and prior learning can apply to be directly accepted onto Level Two of the Diploma of Higher Education.

Module Structure

A Diploma of Higher Education represents 240 academic credits and a BSc (Hons.) degree 360 academic credits. Each module consists of 30 credits. Four modules a year are taught over two semesters. All modules are core modules.

Module Table: CertHE, DipHE & BSc (Hons.) in Clinical Hypnosis

Module Code	Module Title	Status	Credits
Level 1			
PB101	Introduction to Clinical Hypnotherapy	Core	30
PB102	Basic therapeutic techniques	Core	30
PB103	Clinical applications	Core	30
PB104	Therapeutic skills and ethics	Core	30
Level 2			
HP201	Advanced therapeutic techniques	Core	30
HP202	Scientific basis of hypnosis	Core	30
HP203	Major symptomology & protocols	Core	30
HP204	Specialist clinical applications & treatment	Core	30
Level 3			
HP301	Research Methods & Statistics	Core	30
HP302	Literature Review	Core	30
HP303	Specialist Techniques	Core	30
HP304	Research Project	Core	30

Intakes

Teaching takes place on interspersed Saturdays over two semesters from September to December and February to June, following the academic calendar. As the September course is often fully subscribed, there may be the opportunity to start the course in February subject to demand.





Certificate in Higher Education in Clinical Hypnosis - Level One

This level provides individuals with a basic understanding in the fundamental principles and practices of Clinical Hypnosis. Students are introduced to the theoretical concepts and the biological nature of hypnosis, the practical skills required for inducing hypnosis, basic problem assessment through taking a case history, simple clinical applications and the ethical use of hypnosis. Students will have many opportunities to experience the hypnotic state and learn various approaches to induce and deepen hypnosis in a safe and professional environment. A substantial amount of learning takes place in the classroom in a safe and supervised environment with both practical and theoretical sessions. In addition students are requested to spend on average between six and eight hours per week on independent learning, including a variety of projects and reading, through the duration of the Level One training programme. The aim of independent learning is to enhance each students learning experience and also deepen his or her understanding.

Module 1

Introduction to Clinical Hypnotherapy (30 Credits)

Tutorials / seminars covering:

- History of Hypnosis
- Traditional and Non Traditional
- Every Day Hypnotic States
- Conscious / Unconscious
- Mind Body Communication-Power of the Mind
- Observable Depth of Hypnosis
- Common Misconceptions
- Pre induction Explanation
- Important Phases for Effective Induction of Hypnosis
- Traditional Suggestibility Testing
- Modalities of Induction
- Factors Influencing Induction
- Nature of Hypnosis
- Hypnotic Phenomena 1
- Contraindications
- Hypnotic Phenomena 2

- Elevator Deepener
- Post Hypnotic Induction
- Sensory Deepening - Limb Heaviness
- Arm Catalepsy Induction and Deepening
- Pre Induction Explanation - Preparing the Client
- Hand Levitation Induction and Deepening
- Incorporating Distractions
- Naturalistic Approaches
- As if Approach to Induction / Deepening
- Previous Trance State
- Everyday Hypnotic States Induction / Deepening
- Awakening from The Trance
- Permissive Awakening
- Ericksonian Cue Word Deepening
- Rapid Defocus Induction
- Early Learning Set

Module 2

Basic therapeutic techniques (30 Credits)

Tutorials / seminars covering:

- Types of Induction
- Modalities of Induction
- Factors Influencing Induction
- Relaxation Induction / deepening
- Awakening the subject
- Specific Eye to hand Fixation Induction
- Basic Count Down Deepening
- Specific Eye Fixation Induction with Relaxation
- Authoritarian Eye Gaze Induction
- Thumb Nail Induction
- Imagery Count Down Deepening
- Safe Place Deepener

Module 3

Clinical applications (30 Credits)

Tutorials / seminars covering:

- Therapeutic Skills & Ethics
- Contraindications
- Dealing with Abreaction
- The importance of a full case history
- Basic counselling skills
- Listening to the patient
- Establishing the goal of therapy
- Therapeutic boundaries
- Ethical practice
- Importance of rapport
- Building rapport
- Mirroring / pacing / leading
- Rapid assessment skills / the meta model
- The use of questions
- Priming the subject for hypnotherapy
- Laws of suggestion
- Formulation of hypnotic suggestions

Module 4

Therapeutic skills and ethics (30 Credits)

Tutorials / seminars covering:

- Clinical Applications
- Contraindications
- Dealing with Abreaction
- Group Hypnosis
- Self Hypnosis & Teaching Self Hypnosis
- Ego Strengthening
- Developing Ego Strengthening
- Ideo motor signalling in therapy
- Ideo Responses
- Installing IMR
- Smoking cessation therapy (1 session approach)
- Physiological aspects of smoking
- Psychological aspects of smoking
- Successful treatment Protocol And Practice
- Dealing with relapses
- Ericksonian 5 stage Paradigm
- Content Free Therapy Utilising Ideo Motor Signalling in Therapy
- Performance Anxiety
- Post Hypnotic Cue
- Basic Anatomical Triggering - Anchoring
- Post Hypnotic Cue with Anatomical Triggering of Resources



Graduation Ceremony at Westminster Cathedral



Demonstration of an induction by Dr. R. Dupe



Developing hypnotic communication skills



Student feedback discussion



Students practising hypnotic inductions under supervision



Diploma in Higher Education in Clinical Hypnosis – Level Two

Level Two provides a natural progression of study for those who have completed Level One or are trained hypnotherapists and provides an in-depth knowledge of the theoretical and practical aspects of clinical hypnosis treatment. The syllabus covers many areas including the basic aetiology and pathology of organic and psychosomatic disease, the biological basis of mind-body approaches, and advanced inductions and therapeutic protocols tailored to each problem. It also includes the specialised use of hypnosis in pain control and treating children in a hypnotherapeutic setting. In addition, information specifically tailored towards the setting up of a successful private practice, ethical conduct, gaining business and good practice management is included. Students are again requested to spend an average six hours per week on independent learning through the duration of the Level Two training programme to maximise their learning experience.

Module 5

Advanced therapeutic techniques (30 Credits)

Tutorials / seminars covering:

- Mind's eye deepening
- Re-framing in and out of trance
- Stage / distancing dissociation
- Television screen dissociation
- Role reversal dissociation
- Computer dissociation
- Specific dissociation
- Cinema screen advanced dissociation
- Neuro linguistic programming protocols (NLP)
- Re-integration
- Ethical considerations
- Managing the regressed patient
- Communication in regression therapy
- Direct and indirect regression
- Calendar Regression
- Computer Screen Regression
- Patient orientated regression
- Miscellaneous regression
- Ericksonian regression
- Memory construction / Amnesia
- Ethical considerations
- Managing the patient
- Cognitive and behavioural approaches in Clinical Hypnosis
- Behavioural desensitisation techniques - Phobias
- Aversion protocols- Extinguishing unwanted behaviour
- Modelling
- Ericksonian 5-stage paradigm (review)
- Specialised indirect communication (Ericksonian Suggestions)
- Accessing questions
- Apposition of opposites
- Bind of comparable alternatives

- Confusion suggestions
- Covering all possibilities
- Implied directive
- Interspersed suggestions
- Paradoxical suggestions
- Presuppositions
- Specific & Multiple Part Dissociation
- Re-integration

Module 6

Scientific & biological basis of hypnosis (30 Credits)

Tutorials / seminars covering:

- Cerebral dominance
- Right and left hemispheric functioning
- Context and content
- Information processing
- Central nervous system
- Autonomic nervous system
- Sympathetic responses
- Role of the parasympathetic
- Fight or flight response
- Catecholamines
- Basic synaptic transmission
- Neural pathways
- Basic brain anatomy
- Cerebral lobes of the brain
- Medial areas of the brain
- Role of anxiety in psychosomatic illness
- Autonomic response to imagery
- Biological basis of phobias & anxiety
- In relation to simple phobia-process phobia
- Confidence issues
- Biological basis of sleep
- Insomnia and related problems



Module 7

Major Symptomology & protocols (30 Credits)

Tutorials / seminars covering:

- Biological /Psychological / Environmental Factors
- Patients experience
- Stress & anxiety
- Low self esteem
- Phobias
- Performance related anxiety
- Insomnia in relation to other problems
- Irritable bowel syndrome
- Nail biting
- Traumatic memory / stress response
- Obsessive Compulsive Disorder
- Panic disorder
- Phobias
- Simple phobia
- Process phobia
- Erythrophobia (blushing)
- Tinnitus
- Psychosexual dysfunction
- Psychogenic impotence
- Vaginismus
- Trichotillomania (hair pulling)
- Weight control
- Problems associated with food
- Binge eating disorder
- Bulimia nervosa
- Reactive depression
- Psychoneuroimmunology
- Immune response- Aiding Healing
- De-motivation-Goal setting

Module 8

Specialist clinical applications (30 Credits)

Tutorials / seminars covering:

- Resistance
- Pre emptying
- Resistance based approaches
- Advanced pattern breaking induction's
- Future orientation
- Miscellaneous future orientation
- Future possibilities technique
- Future resource therapy
- Communication in future orientation therapy
- Time distortion
- Alert hypnosis
- Time distortion deepening

- Pseudo-future orientation advanced pseudo regressive therapy
- Advanced pseudo regressive therapy
- Overload induction's
- Multidimensional pain control
- Mind / Body hypnotherapy approaches
- Metaphors
- Metaphorical dissociation
- Mind and body dissociation
- Braiding in dissociation
- Psychological barrier dissociation
- Mask-Persona dissociation
- Clinical hypnosis with children
- Childhood anxiety disorders
- Suitability of treatment
- The Braiding approach
- Braiding techniques
- Building rapport and working with families
- Inducing hypnosis in children
- Gate theory
- Analgesia and anaesthesia
- Glove anaesthesia
- Analgesic dissociation
- Burn care
- Reactive Depression
- Assessment
- Contraindications
- Problems associated with food
- Practice management
- Advanced ethical practice
- Codes of conduct
- Developing a business plan
- Taking referrals
- Working with medical practitioners
- Keeping records
- Confidentiality
- Legal aspects
- Insurance



BSc (Hons.) Clinical Hypnosis - Level Three

The BSc (Hons.) degree programme in Clinical Hypnosis provides you with a scientific understanding of the principles and practices of clinical hypnosis which have been developed through a culmination of research and continued exploration of mind/body functioning, vast practical experience and the development of the most current therapeutic approaches.

New research is an important element of studying at this level and Level Three centres on equipping you with the skills and knowledge necessary to allow you to undertake an independent research project within clinical hypnosis. In addition you will develop knowledge of a range of advanced and specialised techniques employed in hypnosis and hypnotherapy and a deeper understanding of mind body functioning in relation to clinical hypnosis and symptom formation. Level Three is comprised of four modules.

Module 1

Research Methods and Statistics (30 Credits)

This module introduces students to research methods and experimental design used in clinical hypnosis to enable them to undertake an independent research project.

Tutorials / seminars covering:

- Experimental design
- Hypotheses and hypothesis testing
- Levels of measurement and their implications
- Key concepts in statistics
- Summarising data
- Probability and levels of significance
- Testing for differences using statistical tests
- Understanding of SPSS
- Interpreting data
- Report writing
- Ethics in relation to research activities
- Reliability and validity
- Theory of data collection and data analysis in qualitative approaches
- Preparation for final year projects

Module 2

Literature Review (30 Credits)

This module allows students to undertake a comprehensive literature review of a specific area of clinical hypnosis of interest to them in preparation for their research project.

Tutorials / seminars covering:

- Accessing information sources
- Information collation and analysis
- Writing a literature review
- Analytical skills
- Argument and reason
- Ethics
- Critical analysis
- Design and referencing

Module 3

Specialised Techniques (30 Credits)

This module provides students with a wide range of advanced therapeutic strategies and treatment protocols, underpinned with a biological basis.

Tutorials / seminars covering:

- Therapeutic assumptions of strategic and inclusive clinical hypnosis
- Advanced therapeutic assessment skills
- Anxiety scaling induction
- Mind-body rhythms of self regulation
- Symptom signalling induction and deepener
- State dependent memory and learned behaviour
- Reprocessing approaches
- The treatment of a range of anxiety disorders
- Symptom expansion and re-synthesis
- Advanced sensory and motor stimulation and reprocessing
- Ericksonian ambiguous functional assignments

Module 4

Research project (30 Credits)

This module gives students the opportunity to undertake independent research on a topic of their choice within the field of clinical hypnosis.

Tutorials / seminars covering:

- Project planning, design and management
- Ethics: writing proposals
- Data collection, analysis and statistics
- Conducting effective appropriate literature search and reviews
- Report writing
- Referencing
- Poster design

A minimum requirement to apply for the third year to gain the (BSc) Honours degree in Clinical Hypnosis is that students have successfully gained the (DipHE).

BST Foundation Approach to Training

The principle method of training developed by the BST Foundation is the Context Dependent Training format (CDT). The CDT theory states that we can learn and recall information most easily and effectively when new information is placed in a pre existing context and that learning is consolidated by practical experience. Therefore the demonstration of hypnotherapeutic techniques and practical exercises to enhance therapeutic skills, augmented with clinical case histories and life examples, are integral elements of the training programme.

There is a high practical content within the course, necessary to gain patient centred skills. Theoretical information is presented in a modern easily assimilated format together with course notes, although additional note taking is recommended. The combination of theoretical and practical aspects makes this course stimulating, fascinating and very enjoyable.

The course is designed to take into account the particular needs and circumstances of mature students and professional people. Therefore, all courses are held on interspersed Saturdays and operate on an intensive study system where relevant information is taught in a relatively short period of classroom study. Recommended literature and practical homework assignments are set between training days to augment studies. We have found this training approach to be the most effective for students to gain confidence and proficiency in the practical and theoretical aspects of treating patients.

Student Assessment

Modules are assessed through a variety of methods. Theoretical and practical knowledge is assessed during and at the end of the course. A minimum of 40 % must be achieved in all assessments to be eligible for acceptance onto the next level of training.

At Level Two students are required to demonstrate their practical skills in clinical hypnosis with respect to induction, deepening and the appropriate treatment plans for certain clinical problems. Students are assessed on their theoretical understanding through examinations and a range of coursework. Students must achieve a minimum of 40 % in all aspects of assessment to be awarded the Diploma of Higher Education. Students achieving greater than 60% will be awarded a Diploma with merit and students achieving greater than 70% will be awarded a Diploma with Distinction. Level Two is considered the prerequisite to practising clinical hypnosis in a professional capacity.

Level Three is assessed with a range of coursework and examinations. The pass mark for Level 3 is 40%. Students attaining marks between 40-49% are awarded a 3rd class degree, student achieving between 50-59% are awarded a 2:2, between 60-69% are awarded a 2:1, and students obtaining over 70% are awarded a 1st class (Hons.) Degree.

Graduation

Graduation is a special time for both students and staff at St Mary's University College and the BST Foundation. Graduation is held in July and takes place in the historic Westminster Cathedral. The Cathedral has a capacity of 1400 and is a magnificent setting for our yearly celebration of student achievement. Located in the heart of London, near Victoria station, this event provides a superb visual spectacle and the event is always well attended and enjoyable. After the ceremony, a celebratory garden party is held in the University College grounds in Twickenham with a barbeque and music to entertain the graduates and their guests. Students can formally graduate once either after completing the DipHE or BSc (Hons.) in Clinical Hypnosis.



Graduating with a BSc (Hons.) in Clinical Hypnosis

Self Development

The primary aim of the course is to help others, however many students who undertake the course experience personal growth and mental development. Furthermore many of those students attending the course have gained considerable success within their own professional environment by the utilisation and application of clinical hypnosis within their own framework.

Student Access to Resources

St Mary's University College holds an extensive library collection and a range of electronic journals. These are particularly useful for students in Level Three.

Most students choose to purchase their own literature as they serve as regular reference in clinical practice and students can gain discounts on specific recommended text. Students also have access to a virtual learning environment (Moodle) which includes all course material, assessments, module guides and a discussion forum.



Student Support Services & Supervision

Each student throughout his or her training may frequently require additional information with regards to the practical application of Clinical Hypnosis. The BST Foundation is delighted to offer its students an information 'hotline' and an exclusive internet based Student Area, where past and present students may gain ongoing support, advice and access to qualified therapists. Furthermore, optional one to one student support is offered through a personal supervision and a Tutor system. The Foundation highly recommends that periodic supervision should be an integral part of each qualified hypnotherapist's ongoing professional development. There is a small additional fee for supervision that is paid directly to the supervisor for their professional time and experience. Previous students have found that ongoing supervision not only supported them in their studies but also in setting up practice and ongoing advice on patient treatment.

The BST Foundation & St Mary's University College have an established system to assist any individual who may require additional support due to disabilities, including dyslexia and where appropriate, can offer an occupational health assessment. This system aims to identify and support specific additional requirements such students may have. We encourage any such student whom require special needs to both declare their this on their application forms and to contact us as soon as possible in order that we can make any arrangements well in advance.

Clinical Placement Opportunities and Experience - St Mary's Clinic

In order that students can go on and maximize their learning experience and develop their clinical skills, St Mary's University College and the BST Foundation are forming a centre for excellence in Clinical Hypnosis with a Clinical Hypnotherapy Clinic. This will provide the general public with a readily accessible clinic of professionally qualified clinical hypnotherapists that will not only treat private patients but also take direct referrals from GPs throughout the NHS. This will also enable suitable newly qualified practitioners the opportunity of gaining an initial formal clinical placement within a recognised medical clinic as a part of their future career development.

Entry Requirements

Some prospective students may not have traditional qualifications or may have training in a different professional field. Student applications are viewed individually on merit and those students showing commitment, interest and relevant experience will be considered without formal qualifications. A Level candidate's are expected to have achieved at least 2 C grades at A Level. A brief informal interview may be arranged to assess prospective student's suitability for the course or pending discussion. Professionals holding a medical qualification or other certified recognised examination will be exempt from this requirement pending initial discussion. If you are unsure whether you are eligible to apply, please contact the Foundation and we will be pleased to explore the options with you.

Medical Liaison Office

As clinical hypnosis becomes a more integrated and accepted therapeutic modality, there is a growing need for hypnotherapists and other health care professionals to gain access to specific medical information with respect to patient treatment and communication with their doctors. The Medical Liaison Office aims to advise qualified hypnotherapists with appropriate information on medical matters such as working with healthcare professionals and also acts as a liaison office for media enquiries.

Professional Memberships

The BST Foundation continues to support students once they qualify as Clinical Hypnotherapists. Upon completion of the Clinical Hypnosis DipHE, students are eligible to become members of the Society of Brief Strategic Hypno Therapists (SBST). This is an independent professional body representing Clinical Hypnotherapists in active practice. Democratically run by practicing therapists, the Society is a non-profit making organization dedicated to upholding the highest standards of ethical practice of hypnosis and hypnotherapy. The Society has rigorous criteria for the regulation and continuous professional development of its members. Specifically the Society supports the on-going professional practice and development of its members through an on-line forum, providing a range of Continuing Professional Development courses and by offering advice and support in clinical practice and ethics.

- As a member, you are entitled to use the letters MSBST on your promotional material
- Full listing on the Therapist Index providing direct referrals
- Direct access to the SBST website, designed to generate business for its members
- Reciprocal links with the BST Foundation website
- Continuous advice and support in setting up in practice
- Discounted books
- Discounted website design, printing and stationery.

- Discounted professional indemnity insurance
- Regular News
- Access to forums and discussion groups with other members of the society

All members also receive a discount on all CPD workshops provided by the BST Foundation.

In addition the General Hypnotherapy Standards Council (GHSC) also accredits the DipHE in Clinical Hypnosis. Upon the successful completion, students will also be eligible for professional registration on the General Hypnotherapy Register. The GHSC is primarily responsible for overseeing the criteria for the ongoing registration of individual practitioners within the General Hypnotherapy Register.

Professional Indemnity

It is important that after completing the Diploma in Clinical Hypnosis each practitioner has adequate professional indemnity insurance. We are happy to recommend a suitable insurance provider to those holding a current practitioner diploma and details are available from the Foundation. The BST Foundation strongly recommends that in order to comply with the highest ethical standards graduates should not undertake clinical hypnosis in a professional capacity unless they have full insurance cover. This will also be required in order to undertake certain research on Level Three.

Future Legislation

At the present time there is no legislation covering training standards for hypnotherapists. However as the Government are in the process of regulating all complementary health professions, the Foundation believes that the DipHE in Clinical Hypnosis will become the minimum standard of training required to practice. It is essential that students should give consideration to these matters before deciding on their prospective training.

Applications & Tuition Fees

Please see enclosed booking form for dates and tuition costs. Fees can be paid in full at the beginning of the academic year or in instalments through a structured payment plan. Students wishing to apply should send their completed application form to the BST Foundation head office or apply directly online via www.bstfoundation.co.uk, by submitting their online application along with a 25 % deposit of the current course fee, which will reserve a provisional place pending possible interview or discussion. Following their successful application they will then receive formal confirmation from St Mary's University College that they have been accepted as a student on the Clinical Hypnosis programme.

This initial deposit will be fully refunded if individuals do not meet the selection requirements of the programme. The balance for course fees should be received fourteen days prior to the commencement of study, although flexible payment plans are available on request and are explained on the application form. If you would like to pay the full course fee by credit card please call the Foundation directly, you must then complete the application form and promptly return it directly to the Foundation.

Student's loans and grants are available through government sources and information can be accessed on www.direct.gov.uk/studentfinance.

Health care professionals who have also attended the Clinical Hypnosis programme in the past have also gained direct funding from their National Health Service Trust to undertake continued professional development training with the BST Foundation.

The Foundation believes that course numbers should be limited to ensure high training standards. We therefore recommend that, to secure a place, your completed booking form is returned without delay. For further information on course dates, course fees and flexible payment plans, please see the enclosed application form or visit our website www.bstfoundation.co.uk.



Clinical Hypnosis Collaboration Department Staff



Gavin Emerson Principal BST Foundation

Gavin Emerson is a founder member and is Principal of the BST Foundation and has over twenty years experience as a practitioner in the fields of clinical hypnosis and brief therapy. He has been instrumental in teaching mental health care professionals in these areas and is primarily responsible for designing the DipHE and BSc (Hons.) programmes in clinical hypnosis in conjunction with Dr Robert Dupe and Dr Tig Calvert. He has also developed a number of specialist training programmes in clinical hypnosis and brief therapy that have subsequently been awarded post-graduate credits for Psychiatrists and other healthcare professionals. In addition he is regularly engaged as a consultant in brief therapy for Medico-Legal cases of post traumatic stress. He also acts as a consultant in family law cases, specialising in child custody issues and has co authored many articles in this field.



Dr Robert Dupe Medical Director, BA, BSc, FRSM, PhD, FSBST, BCSHA, DCHyp.

Robert Dupe is a co-founder and the medical director of the Foundation. Robert lectures in Brief Strategic Therapy and Clinical Hypnosis and provides relevant clinical input for the Foundation's courses. He has spent considerable time in the field of cardiovascular medicine and is a Fellow of the Royal Society of Medicine. He also has a considerable experience in the pharmaco-biology of psychosomatic illness and applies the practice of clinical hypnosis within NHS and private settings. Gavin Emerson and Robert Dupe are both engaged in an advisory capacity to national organisations on behavioural problems and appear on national television and in the press.



Dr Tig Calvert Programme Director, St Mary's University College, BSc, PhD, CPsychol, DCHyp.

Tig Calvert is a Senior Lecturer in Psychology at St Mary's University College and is the Programme Director for the BSc in Clinical Hypnosis and in addition is a senior lecturer for the BST Foundation on the programme. Within Tig's academic roles she teaches and undertakes research in the areas of Positive Psychology, Neuropsychology and Psychoneuroimmunology as well as Clinical Hypnosis. Tig's main clinical role is with the English Institute of Sport (EIS) as the Rehabilitation Psychologist working with elite Olympic standard athletes. Tig has appeared as a regular specialist psychologist on a number of TV programmes including Paul McKenna and Diet Doctors and is the author of Teach Yourself Hypnosis for the well-known education series by Hodder and Stoughton.

Andy McCann FRSM, BA (Hons.), MA(Ed), PGCE, DCHyp, ACertHyp.

Andy is a Senior Lecturer for the BST Foundation on the St Mary's University College BSc (Hons.) degree programme in Clinical Hypnosis. He is in demand as a mental skills coach to high performing individuals from many walks of life, including some of the UK's highest profile sports stars. He has an accessible style drawing from an expertise which includes over 25 years experience of education, psychology and elite sports performance. Currently actively pursuing a PhD into the complexity and psychology of peak performance, Andy is a popular conference speaker and an award winning, internationally published non-fiction author and a commissioned writer for a diverse range of publications. He is a Fellow of the Royal Society of Medicine, where he has also been an invited speaker. With an interest in brain injury, particularly stroke, he sits on the Welsh Stroke Committee for the Stroke Association.

Dr Richard Martin MBBS, FRCA, DCHyp, MSBST

Dr Richard Martin is a Consultant in Paediatric Anaesthesia and an Honorary Senior Lecturer at Great Ormond Street Hospital. Having graduated with distinction from the Foundation's practitioner diploma course, he joined the department and associates as a medical education adviser. While maintaining an interest in general applications of clinical hypnotherapy, he has a particular interest in performance enhancement, anger and stress management. He has extensive experience and is an expert in the management of anxiety in children.

James Hutchinson BSc (Hons.) Clinical Hypnosis

James lectures for the BST Foundation on the St. Mary's University College BSc in Clinical Hypnosis. He has over eight years of private practice experience based in central London. James is currently the co-coordinating manager for the Foundation and is a regular lecturer on both Level One and Level Two of the BSc (Hons.) in Clinical Hypnosis course. He holds the BSc (Hons.) in Clinical Hypnosis and prior to this he completed the BST Foundation's diploma in 2006. James has over 10 years of business experience. In that time he has managed teams of trainers and performance coaches in FTSE 100 companies; he left employment to launch several successful companies of his own which is why he plays a key role in the BST Foundation's 'private practice development programme'. James has a strong interest in self development and has attended many other courses that deal with behavioral change; he has a passion for helping others and looks forward to meeting new students from a wide range of backgrounds.

Gordon Paull BEd (Hons.), Dip.HE Clinical Hypnosis, A.Cert. CHyp, MSBST

Gordon Paull is Head of Supervision for the BST Foundation and a regular lecturer on the St. Mary's University College BSc degree course in Clinical Hypnosis. In addition he has played an integral role on behalf of the Foundation in the development of the Clinical Hypnosis department at the St Mary's Clinic. Gordon was formerly an Assistant Head Teacher at a boys' school in South East London and was previously Head of English; he now teaches part time and is semi-retired. As a teacher of thirty-four years he is acutely aware of how language can be used to motivate people to achieve, accomplish and influence change in their lives in a variety of ways. He originally trained



in hypnosis in the late 80's, but re-trained with the BST Foundation in 2007. He runs his own practice in South East London and Harley Street; he also receives referrals from local GP's. The Queen Mary's NHS Trust Hospital, SE London contracted Gordon to work in their pain clinic supporting patients with chronic and persistent pain. Significantly, the vast majority of these patients require a great deal of time in order to start the process of change and healing and this has led him to modify his approach to therapy. He also reviews current literature on hypnosis for a publishing house. Gordon is interested in all aspects of hypnosis and treats a range of conditions and age groups.

Lorna Damiani BSc (Hons.) Clinical Hypnosis, BA (Hons.)

Lorna is a supervisor, lecturer and assessor for the BST Foundation. In addition to working with the BST Foundation, Lorna is a practising hypnotherapist based in Kingston upon Thames and working across locations in London and Surrey. She is based primarily at The Groves Medical Centre - a combined General NHS and private medical practice. Lorna deals with a wide range of issues including anxiety, stress, fears, phobias, weight management, infertility and hypnosis for childbirth. Lorna first trained in hypnotherapy in 2007 after 20 years in media and corporate communications in the UK, Middle East and Asia. "I have always appreciated the power of words to influence, inspire and persuade people and I feel privileged to be able to explore and use communications as a tool in its widest form to help people to find healing solutions."

Linda Bromage BSc (Hons.), Clinical Hypnosis, Advanced Cert in Clinical Hypnosis

Linda is both a supervisor and lecturer for the BST Foundation. She has been a dental professional for over 30 years and is extremely experienced in patient care and communication. For many years she also taught dental health programmes in Southern Africa. An instinctive approach in dealing with dental phobic patients led her to train as a clinical hypnotherapist with the BST Foundation. She completed the advanced practitioner's course in 2007, and went on to complete the BSc (Hons.) in Clinical Hypnosis, gaining a first class degree. She also has considerable interest in the research of hypnosis and mind body healing and she has been awarded a PhD scholarship, undertaking research at St Mary's University College. Her specialist areas of expertise include dental phobia, fear of flying, hypno birthing and weight loss. In addition she has played an integral role on behalf of the Foundation in the establishment and development of the Clinical Hypnosis department at the St Mary's Clinic.

Natalie Airs BSc (Hons.), MSc, PGCHE

Natalie is a graduate assistant at St. Mary's University College as well as lecturer in Health Psychology, research methods and practical laboratory classes. Natalie is currently completing her PhD in men's health, eating behaviour and body appreciation. Her areas of research include exploring differences in eating disorders, drive for muscularity and body image across genders and ethnic groups. Natalie works with Dr Tig Calvert on research in the field of positive psychology and in December 2010, Tig and Natalie were commended for their research in the area of positive psychology and were awarded a commendation from the Henry Walpole Prize. In July 2010 Natalie was awarded the Psychology Technician of the year award by the Higher Education Academy. Natalie is a supervisor of research and lecturer in this field for the BST Foundation.

Clarabella Gray BSc (Hons.) Psychology

Clarabella Gray completed her BSc Psychology degree at St. Mary's achieving a first class honours classification and an undergraduate commendation award from the British Psychological Society. She is currently undertaking postgraduate work at the Institute of Psychiatry and is interested in emotion-regulation, especially the relationship between cognition, emotion and mental health. Clarabella works with the Level Three Clinical Hypnosis students on their dissertation research projects, particularly in research design, methodology and data analysis.

Ann Dalgleish Programme Administrator, St Mary's College

Ann Dalgleish is the programme administrator at St Mary's University College and helps students with university matters. Ann is a vastly experienced administrator with particular expertise in academic programmes.

Dr Robert J D Beattie Administrator BST Foundation, BSc PhD

Bob Beattie is the administration manager for the BST Foundation providing professional administrative systems. He plays an integral role in the course admin staff. Bob also has 35 years wide-ranging consultancy and business management experience, with a successful track record in several different professional roles for clients in UK and abroad, including project management, devising and effecting innovative IS strategies and results-orientated operating practices, development and expansion of a medium-sized, multi-disciplinary management consultancy.



Gavin Emerson congratulating students awarded BSc (Hons.) Clinical Hypnosis

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