



# Practitioner Diploma in **Clinical Hypnotherapy**



## Transformational Training Through Clinical Hypnotherapy

### Our Mission

As you are interested in studying and developing your skills, and practising as a Clinical Hypnotherapist, we invite you to read through this prospectus and explore what we have to offer you.

LCCH International provides intending practitioners of hypnosis and hypnotherapy, as well as those with an interest in the subject, with the practical skills and theoretical background knowledge to practise hypnotherapy safely and ethically.

Taught by our highly experienced therapists and lecturers, our aim is to provide quality training in clinical hypnotherapy. We enable our students to deal confidently and effectively with a wide range of physical and psychological symptoms from the so-called straight forward, to the complexities of trauma. Practical skills training are an essential part of all LCCH International hypnotherapy training courses.

### Our Courses

We have always maintained that hypnotherapy is a unique, stand-alone professional discipline in its own right and our courses reflect this.

- Practitioner Diploma in Clinical Hypnotherapy
- Advanced Practitioner Diploma
- Medical Diploma for Healthcare Professionals
- CPD Masterclasses

You can join us at one of our three regional centres:

- London
- Birmingham
- York



### Practical Skills-based Training

We pride ourselves on teaching you how to develop effective and practical hypnotherapy skills that are based on sound theoretical foundations. We demonstrate the techniques we teach before guiding you through their practical application.

You get to practice every technique we teach you. We feel it is extremely important for you to not only know how to guide someone through the experience, but also to gain a perspective from your patient's point of view. Your lecturer or supervisor will always oversee practise sessions as you take the opportunity to relax and enjoy the hypnotic experience.

I attained my Practitioner Diploma in Clinical Hypnotherapy with LCCH International. I am currently successfully building my practice through word-of-mouth and have assisted patients with a variety of conditions including smoking cessation, tinnitus, insomnia, work stress, unfocused anxiety and weight management."

Chris Catchpole PDCH



## Exit Skills

You will be awarded the Practitioner Diploma in Clinical Hypnotherapy on successful completion of the course. This means that you will be able to enter professional practice as a Clinical Hypnotherapist, initially under clinical supervision in accordance with good ethical practice. Clinical supervision is an activity where you see an experienced hypnotherapist to reflect on your practice. It is a time for you to think about your knowledge and using your skills as a hypnotherapist. The purpose is to enhance your understanding and protect your clients. On successful completion of the course, you will also be able to use the designating letters PDCH after your name.

On joining the PDCH Course you will be eligible to apply for ThinkTree Hub Student Membership. This organisation offers a variety of services to support you throughout your career, including discounted professional insurance. When you graduate from the PDCH Course, you will be eligible to upgrade your membership and become a Member of ThinkTree Hub.

Many of our graduates go on to set up their own practice, or add hypnotherapy as an adjunct to their existing practice.



Committed to CPD, my latest endeavour has been to train as a hypnotherapist through LCCH International. I found the training stimulating and challenging, and particularly beneficial in personal development. It was very well taught and I felt supported and encouraged throughout the course. It was also terrific fun!"

Fiona Biggar PDCH



## Eligibility

Whether you are seeking to train as a hypnotherapist or simply have an interest in this fascinating subject this course is open to you. You do not need to have had any previous experience of hypnosis or related subjects to study with us.

Our PDCH Course has been useful to people from a wide variety of backgrounds, many of whom have gone on to practise full-time, or part-time to supplement their income. There is ample scope for everyone – and we find an increasing number of our students come to hypnotherapy from diverse backgrounds such as commerce, industry, and domestic life.

Of course, as hypnotherapy involves working with members of the public, we do ask you to attend an interview at our offices in London or via a video call, with one of our college officers before being accepted on our training programme. This is to ascertain your understanding of spoken and written English, and to check if there are any medical reasons that may need to be taken into consideration before accepting you. You must be 18 years of age or above to enrol on the course.

Call us on 020 3603 8535 to arrange your interview.



## Practitioner Diploma in Clinical Hypnotherapy

### Aims

At LCCH International, we help you to build a firm foundation of knowledge as you explore various approaches to effectively, safely and ethically treat the most common presenting symptoms for hypnotherapy e.g. weight management, insomnia, phobias and of course smoking cessation. Eclectic in nature, our course enables you to become an accomplished, well-rounded and confident hypnotherapist. Your progression through the course will take you from learning the basics through to the application of the therapeutic approaches most appropriate for your clients.

We pride ourselves in helping you become an effective and knowledgeable therapist; this course forms an important part of that process.

### Course Details

The Practitioner Diploma in Clinical Hypnotherapy (PDCH) is part time, delivered over ten intermittent weekends, usually once a month, in a classroom setting. In addition to the classroom hours, an essential part of the course is an independent guided study programme using our online e-learning facility. Here you will find a wealth of videos of lectures, quizzes, audio files, reading material and other useful resources. Additionally, you will need to complete tasks and assignments, self-directed research and revision.

As part of the course, you are required to attend a minimum of 4 personal tutorials. These are designed to help you with your clinical case study, give you a chance to go over anything that you need clarification on, and to speak to an experienced clinical hypnotherapist.

On our weekend courses we provide you with comprehensive weekend workbooks that deliver the core learning, strategies, theoretical background, hypnosis scripts, references, appendices and on-going relevant activities designed to help you assess your progress. We place an emphasis on the practical element in your hypnosis training. This allows you to get valuable experience in working with people who



I studied Hypnotherapy for two years with LCCH International. I chose the practitioner course because of the combination of academic content and practical application, and I was not disappointed. The material and training given were of such a high standard that I was successfully working with clients, even as I progressed through the course."

Jim Canning PDCH

are in trance, as well as enjoying the benefits of the trance experience yourself. This experience forms part of your personal development, and many of our students notice an increase in their confidence, being more calm, and with a positive mental attitude too.

In accordance with good ethical practice, it is mandatory to join ThinkTree Hub as a Student Member. This is an international professional association for promoting and assuring high standards in the practice of complementary therapy healthcare, wellness and wellbeing.

Whilst on the course, you need to have professional indemnity insurance. We are pleased to let you know that discounted insurance is available through your membership of ThinkTree Hub.



## PDCH Syllabus

### Psychology, theory and clinical practice

Abreaction	Pain theories
Analysis	Pluralism
Behavioural psychotherapy	Positive psychology
Clinical supervision	Practice management
Confidentiality	Psychodrama
Countertransference	Psychoeducation
Dissociation and neurosis	Secondary gains
Ethics	Teletherapy
Hemispheric lateralisation	Transference
Locus of control	

### Symptoms including

Asthma	Pain management
Binge eating	Panic attacks/panic disorder
Bruxism	Paranoia
Childhood anxiety disorders	Performance anxiety
Depression	Performance enhancement
Dental anxiety	Phobic disorders
Dental procedures	Psychogenic infertility
Dermatology	Sleep disorders
Dystonia	Smoking
Erythrophobia	Snoring
Headaches	Sporting hypnosis
Insomnia	Stammering
Irritable Bowel Syndrome	Stress management
Nail biting	Tinnitus
Night terrors	Weight control
Nocturnal enuresis	

### Techniques including

All possibilities of response

Anchoring

Assertiveness training

Automatic writing

Aversion therapy

Braiding Process

Bridging techniques

Compound suggestions

Confusion techniques

Control room of the mind

Creating suggestions and reverse suggestions

Direct and indirect techniques

Dissociation / hand levitation

Ericksonian hypnosis

Garden technique

Generalisation, deletion, distortion

Glove analgesia

Goal setting

Healing coloured light

Hypnodesensitisation

Hypnodrama

Hypnosis with children

IMR therapy

Inducing and deepening trance

Inner child

Library of life technique

Mask technique

Memory substitution

Meta Model

Metaphor

Modifying thought patterns

“Not knowing” and “not doing”

Observation skills: calibration

Open-ended suggestions

Part and stage dissociations with and without IMR

Past life regression

Positive phobia replacement

Problem identification

Pseudo orientation in time

Regression techniques

Rewind technique

Self-hypnosis

Self-integration dissociation

Suggested amnesia

Taking a case history

Therapeutic use of dreams

Time distortion

Truisms

Use of the negative

Using questions in trance

Wise old person technique

‘Yes’ set



Please note that the syllabus can change as the course evolves. [Fees as listed on the website.](#)

The PDCH covers the National Occupation Standards for Clinical Hypnotherapy requirements and adheres to the CNHC Core Curriculum

# Is the Practitioner Diploma right for me?

Would you like to know what it takes to become a qualified Hypnotherapist? Book a free assessment with one of our team today to see if the diploma is right for you.

**BOOK AN ASSESSMENT**

Call 020 3603 8535 or +44 203 603 8535

Email [info@lcchinternational.co.uk](mailto:info@lcchinternational.co.uk)