



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