



NZACH Prospectus

Here, we are proud to introduce our small yet highly dedicated team, committed to providing exceptional education in clinical hypnotherapy. Our academy's strength lies in the personal touch and depth of experience that each of our faculty members brings to their teaching.

You'll meet myself, Meredith McCarthy, the Academy Director, with a rich background in clinical hypnotherapy, and Teresa Saunders, our esteemed Academy Advisor, who brings her extensive experience in mental health and holistic wellness. Together, we are passionate about nurturing and guiding our students through their journey in hypnotherapy, offering a wealth of knowledge, hands-on experience, and personal support.


We believe in a personalised approach to teaching, ensuring each student receives the guidance and mentorship they need to excel in their practice. Join us at NZACH, where education is not just about learning but about transforming lives.

Curriculum


At the New Zealand Academy of Clinical Hypnotherapy, we provide a comprehensive programme consisting of 18 meticulously crafted modules, each designed to impart essential knowledge and skills for attaining your Diploma in Advanced Clinical Hypnotherapy. Upon completion, we extend an invitation to join our mentorship programme, which offers additional support and guidance to help you establish and grow your hypnotherapy practice.

At the NZACH we weave the principles of **Trauma-Informed Hypnotherapy** into all our modules here is a brief breakdown


1. Safety and Trust

 Establishing a safe and supportive environment is crucial. This includes physical safety as well as emotional and psychological safety. The therapist ensures that the client feels heard, respected, and in control of the session.


2. Understanding Trauma and Its Impact

 Trauma-informed hypnotherapists have a deep understanding of how trauma affects the mind and body. They recognise that trauma can lead to a range of symptoms, including anxiety, depression, flashbacks, and dissociation.


3. Empowerment and Client Autonomy

 The approach is centred around empowering the client. Therapists encourage clients to be active participants in their healing process, making choices that suit their comfort and pace.

4. Collaboration and Mutuality


 There's an emphasis on building a collaborative relationship between the therapist and the client, based on mutual respect and partnership.

5. Cultural Sensitivity


 The therapy is sensitive to cultural, historical, and gender issues. Therapists are aware of the client's background and how it might affect their experience of trauma and recovery.

Techniques and Application


1. Gentle Induction Methods

 Trauma-informed hypnotherapy often involves gentle and permissive induction techniques, as opposed to direct or authoritarian methods, to avoid triggering the client.


2. Resource Building

 Before addressing traumatic memories, therapists often work on building internal resources. This might include techniques to foster a sense of safety, self-compassion, or inner strength.


3. Controlled Exposure

 The therapist might gradually guide the client to confront traumatic memories, but only when the client feels ready and equipped with coping mechanisms. This is done very carefully to avoid re-traumatisation.


4. Integration of Trauma Experience


 The therapy aims to help clients integrate their traumatic experiences into their life narratives in a way that is healing and empowering, rather than overwhelming.

5. Body Awareness

 Given the somatic nature of trauma, techniques may involve increasing body awareness and helping the client to reconnect with their body in a safe way.

Training and Practice


 Practitioners of trauma-informed hypnotherapy usually undergo specialised training that focuses on understanding trauma, its psychological impact, and how to adapt hypnotherapy techniques to be trauma-sensitive.

 Continuous education and consultation with trauma experts are often part of a trauma-informed hypnotherapist's practice to ensure they are providing the best care possible.

Certification requirements


You will receive feedback on your overall performance, and upon successful completion, you will be awarded the certification in the advanced diploma in clinical hypnotherapy.

This would form the bulk of your course, providing in-depth training, hands-on practice, and a wide range of modules.


 The 1000 hours include both classroom and study hours. The program offers 400 classroom hours, combined with 600 hours study and practical application, preparing you for real-world challenges in the field of hypnotherapy.

Learning pathway

1. Introduction to hypnotherapy one hour Q & A

 A brief hands-on overview to help potential students decide if hypnotherapy is right for them.


2. Advanced diploma in clinical hypnotherapy

 Classroom hours: 400 hours

 Independent study hours: 600 hours

 Supervision sessions: 10 one hour sessions

 Modules covered: 1 to 18

 This diploma certification covers advanced techniques and applications of hypnotherapy, equipping students to handle a wider range of client needs. With an online learning portal that where students can communicate with each other and where demonstrations will be uploaded and all the modules and key learnings are available.




3. Mentorship programme 6 months

Business launchpad for aspiring hypnotherapists





Objective

To guide and assist you in setting up a successful hypnotherapy practice through structured mentorship. This is available to any students from other hypnotherapy schools.










1. Personalised intensive marketing plan

-  Initial consultation to understand your vision, target clientele, and unique selling proposition.
-  Designing a step-by-step marketing plan tailored to your needs, location, and target market.
-  Strategies to establish an online presence, engage with clients, and network in the industry.






2. Website assistance

-  Overview of website essentials for hypnotherapists.
-  Recommendations on platform choices, website structure, and essential content.
-  Basic SEO (Search Engine Optimisation) tips to make the website discoverable by potential clients.
-  Connecting with professionals or providing resources for web design, if needed.

3. Monthly One-on-one mentoring sessions (6 sessions)

-  Duration: 1 hour each.
-  Medium: In-person or via Zoom, based on your preference and feasibility.
-  Topics can include but are not limited to:
 -  Addressing any challenges faced.
 -  Progress review and feedback.
 -  Refining marketing strategies.
 -  Building confidence in client interactions.
 -  Enhancing the delivery of hypnotherapy sessions.
 -  Discussing opportunities for continuing education or specialisation.

4. Benefits of the program

-  Personalised guidance to avoid common pitfalls when starting a business.
-  Ensuring a strong foundation for the practice.
-  Boosting online and offline presence.
-  Networking opportunities.
-  Confidence-building through expert feedback.



1000 hour Diploma Module breakdown

Module 1

Introduction to Hypnotherapy Workshop

24 classroom hours, 10 study hours

- focuses on the basic concepts and history of hypnosis and clinical hypnotherapy.
- revolves around discussion, ethical considerations, contraindications and personal reflection.
- involves evaluating the broader applications of hypnotherapy.

Module 2

Hypnotic Induction Techniques

12 classroom hours, 20 study hours

- focuses on the practice of various hypnotic induction techniques.
- is centered around the analysis of these techniques' effectiveness.
- revolves around the creation of personalised induction scripts.
- involves the evaluation of client interaction and feedback.

Module 3

Supportive Hypnosis

12 classroom hours, 20 study hours

- Centers on the foundational concepts and techniques of supportive hypnosis.
- Involves the strategic application of these techniques to address specific client issues.
- Focuses on assessing the impact and adapting methods for diverse scenarios.
- Addresses ethical practices in applying supportive hypnosis.

Module 4

Hypnoanalysis

16 classroom hours, 40 study hours

- is centered on the practice and application of Hypnoanalysis techniques.
- involves the evaluation of these techniques through research and case studies.
- focuses on the development and implementation of therapy sessions.
- addresses the importance of therapist self-awareness in Hypnoanalysis

Module 5

Age Regression

16 classroom hours, 40 study hours

- is centered on practicing and applying age regression techniques.
- involves analysing the outcomes and feedback from these sessions.
- focuses on developing strategies for managing potential challenges in age regression.
- addresses the evaluation of age regression within the field of hypnotherapy.

Module 6

Post-Hypnotic Suggestion

16 classroom hours, 40 study hours

- involves crafting and using post-hypnotic suggestions.
- is about evaluating their impact on client behaviour.
- focuses on the skilful integration of these suggestions in therapy sessions.
- addresses the ethical aspects of using post-hypnotic suggestions.

Module 7

Ideomotor Questioning

16 classroom hours

40 independent study hours

- involves the use of ideomotor questioning in therapy.
- is about developing and executing non-verbal communication exercises.
- focuses on analysing the information gathered through these techniques.
- addresses ethical practices in the use of ideomotor questioning.

Module 8

The Conscious and Subconscious Minds

16 classroom hours, 40 study hours

- involves the theoretical understanding of the conscious and subconscious minds.
- is about practical application in communicating with the subconscious.
- focuses on strategic planning for therapy using knowledge of mind dynamics.
- addresses the analysis of real-world cases to deepen understanding.

Module 9

Principles and Laws of Suggestion

12 classroom hours, 20 independent study hours

- involves understanding the theoretical aspects of suggestion in hypnotherapy.
- is about the practical application of suggestion techniques.
- focuses on evaluating and refining these techniques based on feedback.
- addresses ethical considerations in the use of suggestion.

Module 10

Module on Hypnotic Contraindications and Safety Considerations

12 classroom hours, 20 study hours

- Emphasises the comprehensive knowledge of contraindications in hypnotherapy.
- Involves practical application in assessing and managing client cases.
- Revolves around integrating safety measures and ethical considerations.
- Focuses on the development of key professional practices like informed consent and documentation.

Module 11

Counselling Techniques

24 classroom hours, 40 study hours

- involves the amalgamation of counselling techniques in a hypnotherapy setting.
- is centered around active listening and communication skills.

- focuses on the development of client-specific counselling strategies.
- addresses the analysis of the effectiveness of these integrated techniques.

Module 12

Neuro-Linguistic Programming (NLP)

56 classroom hours, 40 study hours

- involves understanding the foundational principles and techniques of NLP.
- is about the practical application of NLP strategies in therapy.
- focuses on evaluating the effectiveness of NLP interventions.
- addresses the development and implementation of tailored NLP treatment plans.

Module 13

Ericksonian Hypnosis

16 classroom hours, 40 study hours

- involves mastering the core elements of Ericksonian hypnosis.
- is about the practical application of Ericksonian techniques in therapy.
- focuses on evaluating the effectiveness of these approaches in various cases.
- addresses the harmonisation of Ericksonian methods with broader hypnotherapy practices.

Module 14

Psychological Appraisal of Clients

24 classroom hours, 40 study hours

- involves the use of psychological assessment tools and techniques.

- is about the interpretation of appraisal results for therapy planning.
- focuses on the evaluation of the appraisal process in a hypnotherapy context.
- addresses the development of individualised treatment plans.

Module 15

Therapies for Specific Issues

16 classroom hours, 40 study hours

- involves learning and using techniques for specific issues
- smoking, slimming, anxiety, stuttering, migraine, study and memory improvement, hypnosis in childbirth, enuresis, skin disorders, phobias, and insomnia etc
- is about formulating personalised therapy plans.
- focuses on assessing the effectiveness of interventions.
- addresses the ongoing adjustment of therapy based on client needs.

Module 16

Human Sexuality and Sexual Dysfunction

24 classroom hours, 30 study hours

- involves a deep understanding of human sexuality.
- is about applying hypnotherapy techniques to sexual dysfunctions.
- focuses on evaluating the effectiveness of these therapeutic interventions.
- addresses the development of appropriate communication methods for discussing sexual health.

Module 17

Overview of Various Psychotherapies

24 classroom hours, 40 study hours

- involves understanding different psychotherapeutic approaches.

- is about comparing these approaches with hypnotherapy.
- focuses on evaluating the effectiveness of these therapies.
- addresses the strategic use of psychotherapies in hypnotherapy.

Module 18

Client Management, Professional and Ethical Practice, and Hypnosis in New Zealand Law

16 classroom hours, 20 study hours

- involves client management principles and practices.
- is about ethical standards and dilemma resolution in hypnotherapy.
- focuses on legal aspects related to hypnotherapy practice in New Zealand.
- addresses ongoing professional development and staying current in the field.

Practice Q & A

Practice

32 classroom hours 20 hours home study preparation

Practical experience and assessment

These sessions are crucial for hands-on experience. Students will practice under supervision, honing their skills and getting real-time feedback.

We strongly suggest that students observe 10 client sessions with different clinical hypnotherapists to understand how others in this field conduct their clinical sessions.

Final Assessment Exams and project Submissions

16 classroom hours

🌿 **Practical exam:** At the end of your training you will be required to conduct a hypnotherapy session with a volunteer client under supervision.

🌿 **Written exams:** Multiple choice questions and short answer questions covering all the modules.

🌿 **Case study submission:** Present 10 detailed case studies showcasing your understanding and application of techniques.



www.nzach.ac.nz

Contact info@nzach.ac.nz

+64 27 699 3950

PO Box 27109

Marion Square

Wellington 6141