

# **1 Understanding Hypnotherapy Theory**

## **1.1 The learner will demonstrate their understanding of the main therapeutic approaches used in modern hypnotherapy.**

### **The learner can**

- 1.1.1 Compare how the models and concepts in your approaches to practice have evolved and developed and how these have tended to change with time
- 1.1.2 Examine the similarities and differences between different models and concepts
- 1.1.3 Compare the key psychological theories which influence your practice and why  
(*E.g. psychodynamic, humanistic/existential, cognitive and behavioural, solution focussed therapy*)
- 1.1.4 Demonstrate your understanding of the following approaches and analyse the key approaches that influence your practice:
  - Direct suggestions
  - Indirect suggestions
  - Metaphors
  - Ericksonian therapy
  - Neuro linguistic programming (NLP )
  - Analytical therapy
  - Regression therapy
  - Cognitive behavioural therapy
  - Solution focussed therapy
- .5 Analyse when and why you might use different methods and what the advantages and limitations of might be with reference to individual client needs.

**1.2 The learner will demonstrate their understanding of the following core areas of knowledge and how to manage them in practice:**

**The learner can demonstrate their knowledge of**

- 1.2.1 Psychosis
- 1.2.2 The Stress response
- 1.2.3 Conscious and unconscious processes
- 1.2.4 Induced and spontaneous strong emotional responses (e.g. abreaction) and how to manage these appropriately
- 1.2.5 Suggestibility tests
- 1.2.6 Depth scales
- 1.2.7 Transference and counter-transference
- 1 2.8 Client resistance

### **Assessment Guidance**

**Types of evidence:** written, audio question paper, professional discussion

Optional supplementary evidence can include reflective journals or practice logs, audio or video client sessions.

## **2 Understanding Ethical & Professional Issues**

**2.1 The learner will demonstrate their understanding of ethical and professional issues and how to manage these in practice.**

The learner can:

**2.1 Evaluate the key elements of the NCH codes of ethics and practice and professional standards**

**2.2 Evaluate the scope and limits of your competence as a hypnotherapist including:**

- 2.2.1 The extent of your own remit as a practitioner and the limits of your responsibilities
- 2.2.2 When and why you might seek advice or involvement from other practitioners or refer on
- 2.2.3 Where the therapist's responsibility starts and ends
- 2.2.4 How your own role relates to other health and social care practitioners

**2.3 Evaluate the role of CPD and reflective practice in maintaining professional standards including:**

- 2.3.1 How to evaluate the effectiveness of your own actions and learn from experience
- 2.3.2 Why it is important to reflect on your own practice and identify any development needs
- 2.3.3 The importance of maintaining your own development and keeping up to date with current practice in your profession
- 2.2.4 The importance of formal supervision

**2.4 Evaluate the extent and limits of confidentiality in hypnotherapy including:**

- 2.4.1 The importance of recognising and maintaining the client's right to confidentiality
- 2.4.2 How to keep records to protect confidentiality and security of information
- 2.4.3 Legislation relating to obtaining, storing and using information and supplying services
- 2.4.4 Who has the right of access to information held in records and when might this happen

**2.5 Evaluate the legal issues relating to the practice of hypnotherapy including: (Criminal and civil law.)**

- 2.5.1 What circumstances may indicate a need for an escort/presence of a third party
- 2.5.2 What is meant by "implied" and "informed" consent and the circumstances in which these may arise
- 2.5.3 When to touch the client and when not

**2.6 Evaluate the common ethical dilemmas in the practice of hypnotherapy including:**

2.6.1 The problems with guarantees and success rates

2.6.2 The variety of reasons there may be for discontinuing the hypnotherapy treatment programme with the client

2.6.3 How to respond to conflicting advice which clients may receive from different practitioners

**Assessment Guidance**

**Types of evidence:** written, audio question paper, professional discussion.

Optional supplementary evidence can include reflective journals or practice logs, audio or video client sessions.

### **3 Understanding How to Assess & Prepare Clients During the Initial Consultation**

#### **3.1 The learner will demonstrate their understanding of the suitability of clients for hypnotherapy.**

##### **The learner can analyse**

- 3.1.1 Why it is important to gather sufficient, valid and reliable information from each client at the initial consultation to establish suitability for treatment ( including previous and present care, physical and psychological health)
- 3.1.2 The circumstances when you may choose not to accept a client.
- 3.1.3 The circumstances when you must not treat a client
- 3.1.4 How to recognise conditions for which hypnotherapy is incomplete in itself, is contra indicated and for which the client should seek advice from other sources
- 3.1.5 How to provide an appropriate assessment environment for the client and the importance of doing so
- 3.1.6 How to clarify and confirm the client's (and any companion's) understanding of the assessment process
- 3.1.7 The importance of agreeing the logistics (e.g. costs, location, timings) of the hypnotherapy treatments with the client and the factors which may intervene and alter plans

#### **3.2. The learner can analyse how to Interview the client to assess their needs.**

##### **The learner can**

- 3.2.1 Select the appropriate assessment method for the client and include a description of the different approaches which may be used (open questioning and closed questioning, direct and non-direct) .
- 3.2.2 Analyse the subjective unit of distress scales (SUDS) and how might you use them
- 3.2.3 Analyse and interpret the client's initial approach and manner and identify their needs
- 3.2.4 Illicit valid and reliable information about the client, determine its importance and formulate an initial hypothesis
- 3.2.5 Demonstrate the importance of recording client information accurately and in sufficient detail to use for assessment purposes

#### **3.3 The learner can build rapport and a sound working alliance.**

### **The learner can**

- 3.3.1 Analyse the importance of maintaining a professional appearance
- 3.3.2 Demonstrate how you ensure a professional approach is apparent from the client's first contact with you
- 3.3.3 Analyse the importance of fostering a rapport with your client
- 3.3.4 Demonstrate how to develop a working alliance with your client
- 3.3.5 Evaluate how to utilise appropriate self-disclosure
- 3.3.6 Evaluate how to recognise and overcome barriers to communication
- 3.3.7 Analyse how to achieve effective communication through observation, sensitive questioning and listening
- 3.3.8 Analyse what forms of verbal and non-verbal communication are available and how to use these positively
- 3.3.9 Analyse how to check understanding with the client by reading and using a variety of signals
- 3.3.10 Demonstrate how to position self and client to encourage communication
- 3.3.11 Analyse why certain environments can inhibit communication and how to minimise this
- 3.3.12 Analyse why it is important to encourage the client (and any companion(s)) to ask questions, seek advice and express any concerns
- 3.3.13 Examine the importance and nature of a professional therapeutic relationship and how to develop it with clients
- 3.3.14 Understand the nature of disability and your role in working with those who have disabilities

### **3.4 The learner can break down the rationale and explanation for hypnotherapy treatment**

#### **The learner can**

- 3.4.1 Explain hypnosis to the client
- 3.4.2 Examine the role which the client (and others) may take, and may need to take, if the hypnotherapy treatment is to be successful and how to explain and agree this with the client (and any companion(s))

#### **Assessment Guidance**

**Types of evidence:** written, audio question paper, professional discussion

Optional supplementary evidence can include reflective journals or practice logs, audio or video client sessions.

## **4 Understanding How to Plan & Deliver Hypnotherapy Treatment**

### **4.1 The learner will design a treatment plan and agree it with the client.**

#### **The learner can**

- 4.1.1 Examine the importance of agreeing aims and goals with the client
- 4.1.2 Analyse how to select appropriate interventions and techniques from the range of resources and options available to meet the client's particular needs
- .3 Examine how feedback from the client can be utilised to amend the treatment programme

### **.2The learner will deliver hypnotic inductions and related techniques.**

#### **The learner can**

- 4.2.1 Demonstrate your knowledge of the use of a range of direct and indirect inductions, both formal and informal such as confusion, eye fixation, fractionalisation, trigger, metaphoric and physical induction techniques and show when it is appropriate to the treatment.
- .2 Demonstrate the correct use of the appropriate techniques

### **.3The learner will demonstrate how to terminate trance and bring a session to a close.**

### **.4The learner can teach and assign tasks between sessions**

#### **The learner can**

- 4.4.1 Examine how to judge and initiate what tasks and self care might be appropriate for a client between sessions and when this is appropriate including self-hypnosis

**Assessment Guidance**

Types of evidence – written or audio question paper, case studies, professional discussion.

Optional supplementary evidence can include reflective journals or practice logs, audio or video client sessions.