

National Council of Hypnotherapists: AGM 2022 Personal Statements

Alan Henderson

Alan is an enthusiastic and vocal supporter of all forms of therapeutic Hypnotherapy.

Working as a Performance Consultant he uses a range of talking therapy techniques centred around his training as a Cognitive Hypnotherapist.

A willingness to talk passionately about the benefits of Hypnotherapy to a range of audiences was used to good effect when Alan hosted the Opening and Closing sessions of the NCH Conference in 2022

Currently working to co-develop a series of video webinars to extend the reach of Hypnotherapy beyond the membership, Alan will draw on his Academic, presentation and high-performance backgrounds to help raise the benefits of hypnotherapy. The plan for the endeavour is to benefit the membership by attractor a wider range of clients to consider using hypnotherapy.

Marc Johnson

I was elected to the NCH board in 2020, as the Director of Public Relations, and in 2021 moved into the role of Research Director.

Re-election would be an honour that would permit me to offer research updates to NCH members, my aim being to keep members up to date with research developments, and to bridge the gap between academic writing and hypnotherapists. I am also keen to discuss and discover the research requirements of NCH members in order to tailor and develop my role in such that way that members can benefit more from their NCH.

Hypnotherapy research is more exciting than ever and is constantly becoming backed by better science. I'd love to help share this with NCH members.

When not working on NCH matters, I am a full-time psychologist, psychotherapist, and hypnotherapist, and qualified with the HPD in 2014.

I look forward to continuing to support NCH members, as well as working with the great team at the NCH

Lisa Wade

A short version of my history is that I have worked in education of some variety for over 20 years and have been self employed for the same time. I qualified from CPHT Bristol in 2012 and have practiced Solution Focused Hypnotherapy and Psychotherapy with my own practice ever since. It is from previous experiences in education that give me the capabilities of enthusing people to learn and grow their knowledge with confidence and pride. I, myself have completed many CPD's and completed the HPD and AHD and soon to complete and NLP qualification, supervisor course and the Ollie coach qualification (specialising in working with children). My love of learning and growing knowledge is naturally shared amongst all our members and being chosen to undertake the position of Education Director is my opportunity to promote a healthy understanding of how the NCH can provide our members with the education they need to become successful therapists.

Sophie Fletcher

Sophie has been a member of the NCH for nearly 20 years and has had experience sitting on the Board in the past. She also has 10 years policy experience.

As a member she has always felt that we have the capacity to offer more practical tools to help build a hypnotherapy business, and grow confidence in using different approaches to hypnosis through high quality CPD and evidence.

After building her own practice from a small centre in Nottingham to a global business, she is now a bestselling author with 3 books published by Penguin Random House. Sophie understands how difficult it can be to get started as a hypnotherapist and how isolating it can be. Which is why she feels that by equipping members with excellent resources, a sense of community and central support we can all help to grow awareness of hypnotherapy within the wider community and thrive as hypnotherapists.

She is very vocal about using the term hypnosis, rather than coaching, relaxation or just therapy and is keen to develop a knowledge base that ensures members can confidently share the benefits of hypnosis and throw off the mantle of myth.

Sophie feels the current Board has a great set of skills, and the drive, to improve things for members and the profession and she wishes to use her experience to help contribute to the exciting changes ahead.