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New Horizon Training Academy

In Association with the National Council for Hypnotherapy

3 Most Common Issues Raised in Supervision

newhorizontraining.co.uk

Welcome to New Horizon Training Academy

Our vision

To seek to educate, empower and inspire confidence in all mental health professionals and colleagues whom we serve.

Our mission

Helping you to help those who are struggling to heal and thrive in life.

Our Values

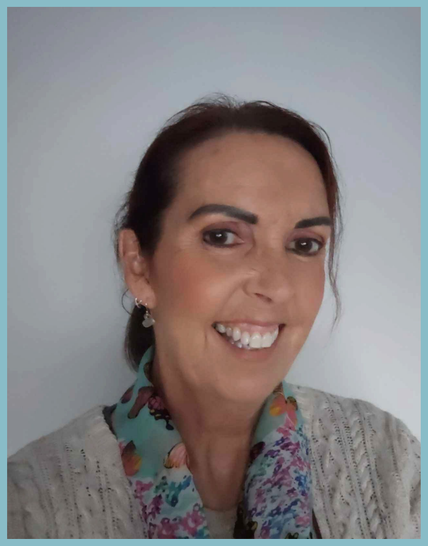
Fairness – open, honest, transparent
Authenticity – our training fits our values
Integrity – we strive for high standards
Trust – effective learning that is professional yet fun
Empathy – we value an empathetic and supportive approach

Our Lead Trainers

Lisa Williams Edgar (Founder)

Lisa is a Solution Focused Clinical Hypnotherapist with training in psychotherapy and CBT with additional expertise as an NLP Practitioner and tutor. She has over a decade of experience in supporting individuals to overcome challenges and achieve positive, lasting changes in their lives.

As a Senior Lecturer, NCH Approved Trainer. And Supervisor in Solution Focused Clinical Hypnotherapy, she is dedicated to teaching and mentoring the next generation of hypnotherapists. As well as this, she has a strong passion for empowering others to develop their skills and confidence, contributing to their professional growth and success.



Angie Hayes (Director)

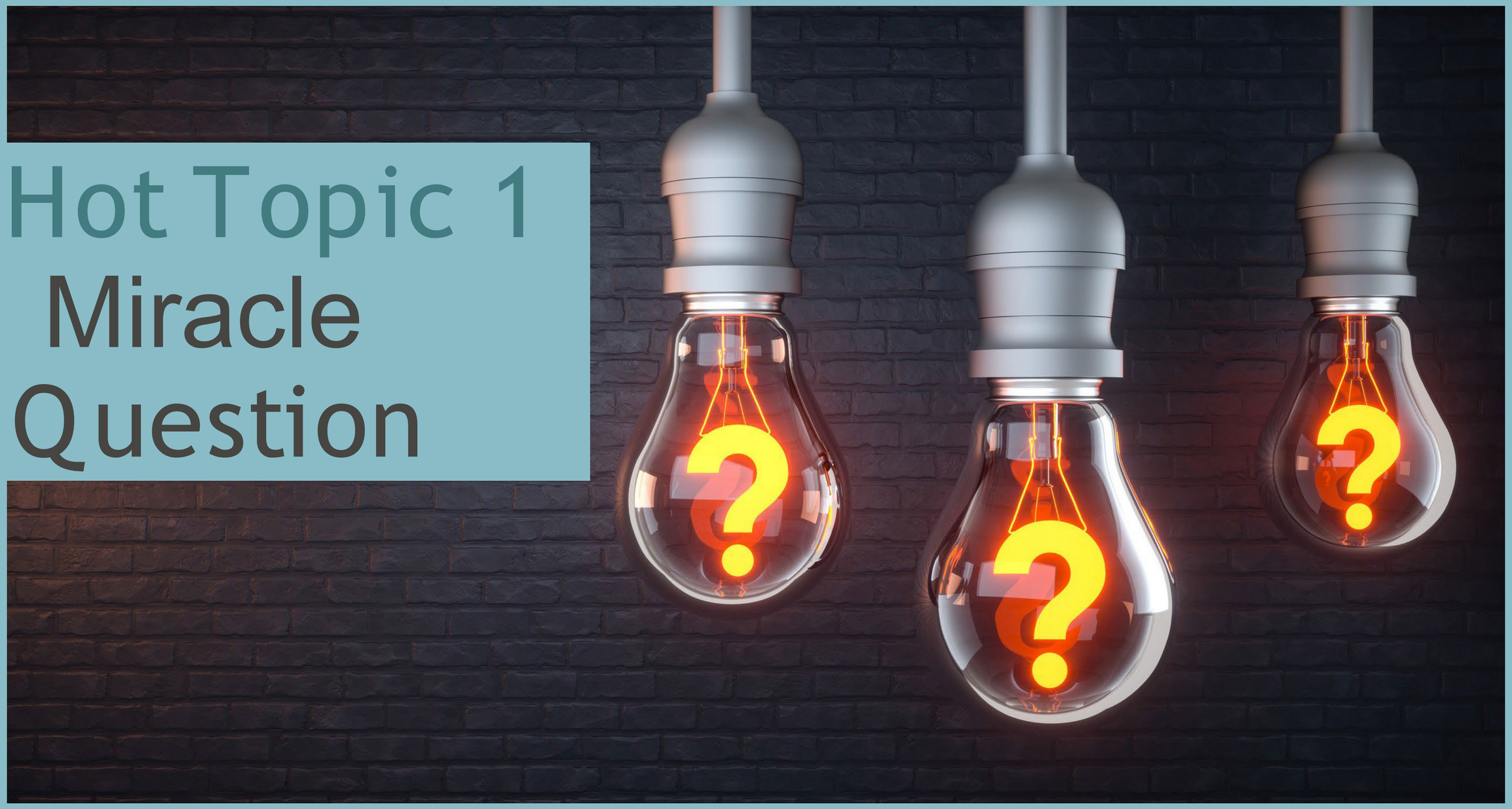
Angie is a Solution Focused Clinical Hypnotherapist and Solution Focused Brief Therapist with additional expertise in using the Solution Focused approach with couples, other relationship issues and general life coaching. Running her therapy practice for over 7 years, she has helped many individuals and couples to achieve lasting change and to move forward and thrive in life.

As a Director and Senior Lecturer at New Horizon Training Academy she remains passionate about writing and delivering high quality training material that seek to inspire confidence and success within her peer group.

Angie has a YouTube channel committed to providing thoughtful insights and thought-provoking content designed to encourage and support anyone in difficulty.

Hot Topic 1

Miracle Question



1. NOT SPECIFIC – LOOKING FOR AN OUTCOME

We do not want the starting point to be too SPECIFIC. This makes things harder for the client and limits the range of life experiences the client can notice that evidences progress.

EXAMPLE:I would be in a relationship = very specific

Q: If you were in a relationship what difference would that make to your Life?

A: I would be happier.I would feel I had more of a life.

Now we have an outcome and not a goal. This has widened the range of life experiences where the client can evidence change.

2 “DOING PICTURE”

The main purpose of the Miracle Question is to help the client to envision themselves living life with the outcome they want present.

We can explore this in the past also, for example, when did they feel happy or confident. What was going on in life then?

Scaling:

- Helps build small, manageable steps towards the desired outcome.Client can envision the next step.
- Helps to explore client resources and strengths that they may have lost touch with.

TOMORROW – THE MIRACLE QUESTION

We are looking for something that could happen TOMORROW in the preferred future.

EXAMPLE: I would have a job = SPECIFIC and cannot be achieved TOMORROW.

Q: So, what difference would that make?
A: I would feel more normal, have a routine, feel engaged with life.
Q: So, if you woke up tomorrow and you began to notice that you were moving toward the direction of having a job, feeling lighter and having a routine, what's the first thing you would notice?

TOP TIP: The more detail you can get the better, so ask as many questions as you can to get to a preferred future that is realistic even if unlikely.

Hot Topic 2
Getting Clients

Basic Marketing Strategy – Key Components

MARKET

Ideal Customer

- Who do you want to work with?
- Who is willing to pay?
- Do you niche?

Moving away from MISERIES:

- Pains
- Problems
- Fears
- Frustrations

MESSAGE

Identify and communicate your value – benefits, end state, results

Moving toward MIRACLES:

- Customer goals
- Wants
- Desires
- Dreams

MEDIA/MATCH

Get into the 'head space' of your ideal client and go to the media where they hang-out.

Go there and ONLY there – don't become a needle in a haystack

Google & GMB are still main search engines used. Google Reviews really help if you can get them.

Social Media – You Tube is top, followed by Facebook then Instagram. If you want to get down with the kids – hang out on TikTok.

With Social Media – getting 'likes' is not the goal. You MUST create a good following, and it takes months of work so be realistic.

BEFORE YOU DO ANYTHING ELSE!!!!

Get clear about what you stand for and why you do what you do.

- Why did you become a therapist?
- VALUES
- Vision for your Business
- What is your MISSION?

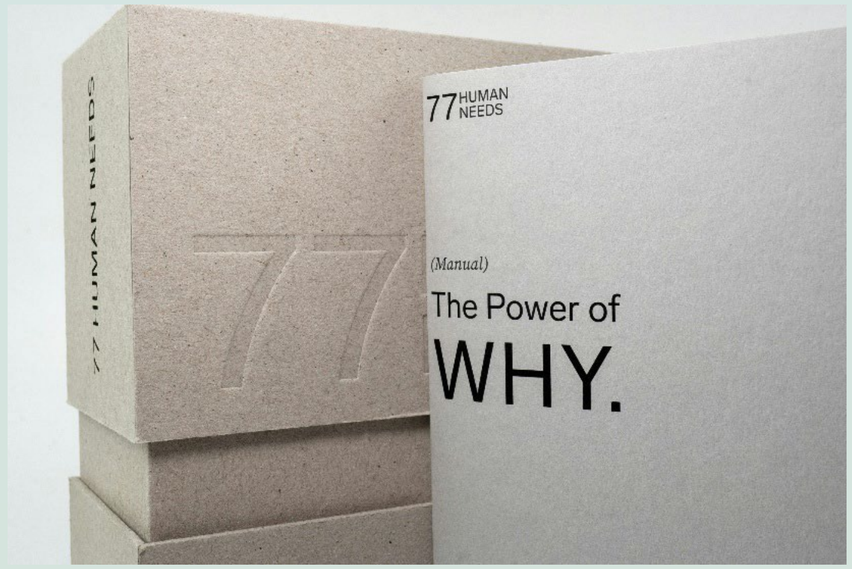
Why do this?

- 85% of GEN Z look for AUTHENTICITY in advertising
- 76% of Millennials want to see Values Led content

Help with Values

- Getting very clear about what really matters to you is vital. It will help you to gain clarity about WHY you are passionate about what you do and WHO you want to work with.

- Below are some examples to start you off but you can find many more examples on the internet.



- Altruism – selflessness
- Dependability - reliable
- Integrity - do the right thing at all times
- Generosity – with time, money or kindness
- Courage – doing something even if it scares you
- Gratitude - appreciating what you have
- Creativity – being expressive
- Family – spending quality time
- Self-respect – not tolerating disrespectful behaviour
- Adaptability – able to adjust to change or difficult feelings
- Self-improvement – constantly looking to develop and grow
- Assertiveness – communicating in a bold and confident manner
- Independence – you love being self-sufficient
- Honesty – requires bravery with empathy and tact
- Accountability – taking ownership
- Authenticity – being your true self despite judgement
- Loyalty – support others through thick and thin

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Aim for your TOP 5

Look up the definition of your chosen words to ensure they truly resonate with you

Expand as much detail as you can to understand WHY this value is important to you

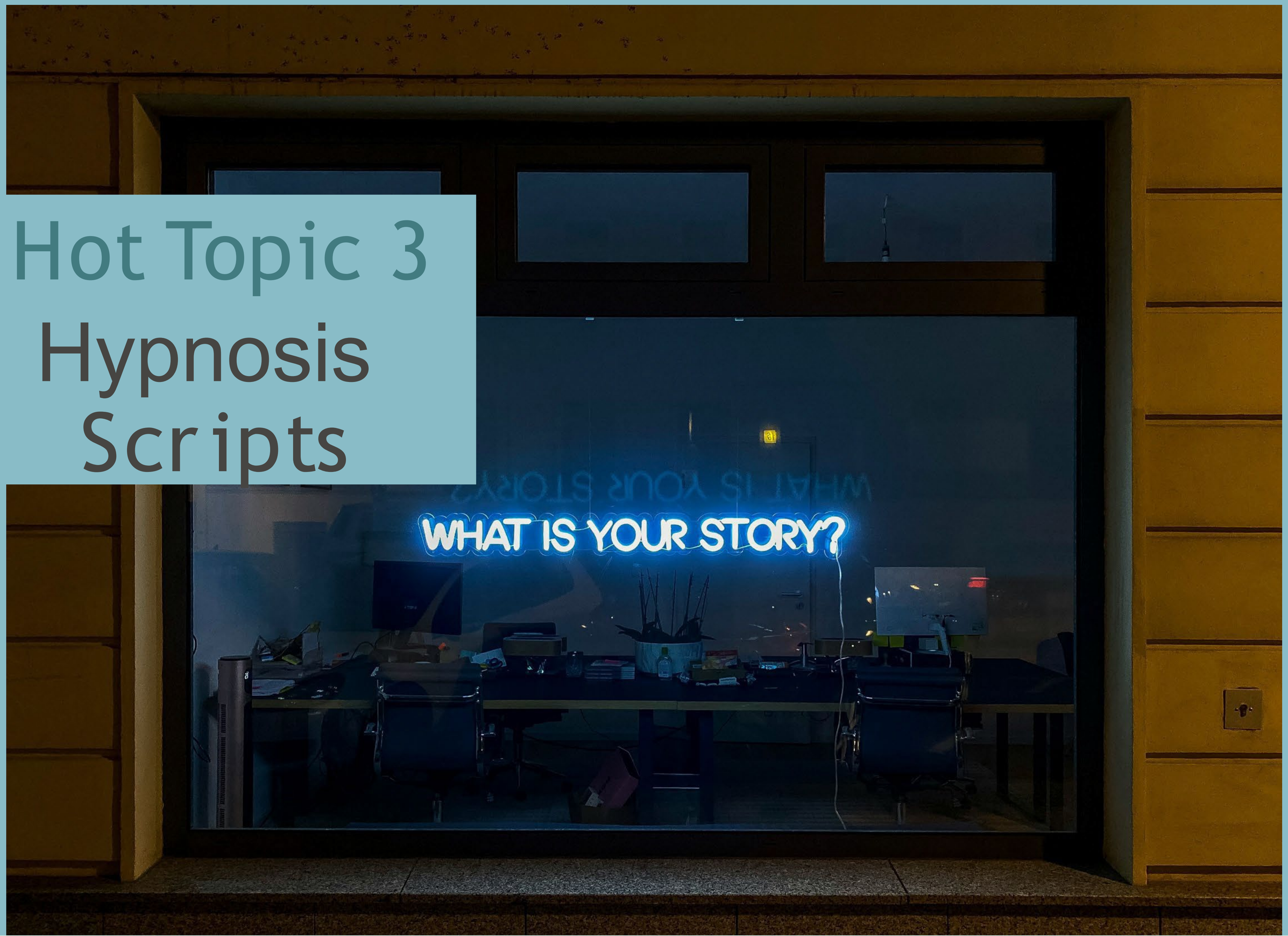
Be sure that you live by these values in all aspects of life. If you don't it's perhaps not that important to you

Values work both ways! For example, if fairness matters to you, it isn't just important to understand how you demonstrate fairness but also what fairness looks like in return.

GET IN FRONT OF PEOPLE

- Networking Groups
- Wellbeing Fayres
- Talks & presentations
- **PEOPLE BUY FROM PEOPLE**

Hot Topic 3
Hypnosis Scripts



Hypnosis Scripts

Do They Work?

- **A topic that always sparks curiosity and occasionally skepticism.**

- In short; yes, they do! IF:
  - They are written well;
  - The hypnotherapist has a clear understanding of how they are structured; and
  - The script is the right fit for the situation.

- In the world of hypnosis research, scripts are not just useful , they are vital. They help keep things consistent, controlled, and scientifically sound. Here's why:

  - **Consistency is Key** - In studies, scripts ensure that each participant gets the *same* hypnotic suggestions. That way, researchers can measure what field,: the effect of the hypnosis itself - not how charming or soothing the therapist's voice is.
  - **Cutting Out Bias** - If every hypnotherapist went off-script, their individual styles, language choices, and even their mood that day could influence results. Scripts level the playing field, so the only variable is the technique being tested.
  - **Fair Comparisons** - Want to compare direct suggestion with, say, an Eriksonian approach? You need a standard delivery method. Scripts make those comparisons possible and meaningful.

- **Research That Holds Up** -control groups, double-blind trials, replicable findings – none of it works without consistency. Scripts help make hypnosis research robust and reliable.
- **Training & Replicability** - Practitioners and researchers around the world can repeat studies using the same scripts, which helps build a solid foundation of evidence for hypnosis as a therapeutic tool.

➢ **But here's the twist …**

- **Clinical practice is a different game.**

When working with real clients, most experienced hypnotherapists don't stick to scripts word-for-word. We adapt. We respond.
Sometimes we improvise. We might use a script as a jumping-off point or cherry-pick language that resonates with a particular client.

- Because ultimately, therapy is about connection. It's about tuning into a client's unique needs, language, and energy in the moment.

- So, do hypnosis scripts work?
Yes - when they're good, when they're used well, and when they're applied thoughtfully in the right context.

- They're essential in research, incredibly helpful in training, and often a great resource in practice. But in the therapy room? The real magic comes from the therapist's ability to connect, adapt, and guide.

Here To Support You

About New Horizon Training Academy

- Your Hub for Accredited Hypnotherapy Training, CPD and Professional Growth.
- At New Horizon Training Academy, we seek to educate, empower and inspire confidence in all mental health professionals and colleagues we serve. Whether you are deepening your knowledge, enhancing your existing practice, or beginning your journey as a hypnotherapist, we are here to support you every step of the way.

- Led by us, Lisa Williams Edgar and Angie Hayes, we are committed to delivering accredited, high-quality training and CPDs that blends clinical excellence with real-world therapeutic insight. Our mission is simple:
- **Helping you to help those who are struggling to heal and thrive in life.**

- **What We Offer**
- Accredited CPD Workshops. Our continuing professional development workshops are designed for Hypnotherapists, Psychotherapists and Solution Focused Practitioners. Covering specialist topics and evidence-informed approaches, each event is independently assessed to meet the highest standards of training and professional development.

- **Integrative Hypnotherapy Training Course (Ten Modules)**

In collaboration with Ayurva Academy, we deliver a comprehensive training programme in Integrative Clinical Hypnotherapy across the UK and internationally. This course blends Solution Focused approaches, neuroscience and integrative therapeutic methods.

- Students work towards achieving two recognised qualifications:

- The Ayurva Diploma in Integrative Hypnotherapy
- The externally verified Level 4 Hypnotherapy in Practice Diploma (HPD)
- This dual accreditation equips learners with the practical skills, theoretical understanding and professional recognition to practise safely, ethically and effectively.

- **Recognition and Accreditation**

New Horizon Training Academy is officially accredited by the Association for Professional Hypnosis and Psychotherapy (APHP), a respected UK and international professional body committed to upholding the highest standards in hypnotherapy and psychotherapy.

- In 2023, we were also recognised by the Professional Development Consortium as a Provider of Training Excellence, in acknowledgment of our commitment to world-class education and learner support.

- **Find Out More**

To explore our forthcoming CPD events and training dates, please visit:
www.newhorizontraining.co.uk

- If you are a therapist seeking high quality refresher training or an aspiring practitioner looking to build a new career, our door is open. We look forward to welcoming you.

Here To Support You 2

Dedicated Coaching Sessions with Lisa & Angie

- There are those times when we may need more detailed coaching on specific topics on those things that fall outside of Supervision.
- We offer 2 hour 1:2:1 coaching sessions, via zoom, where we can help you with the following:
- **Building Your Business Vision and Marketing Strategy.** Helping you to get real clarity about your business vision, your mission, the services you offer and the clients you wish you target. A must for anyone about to build or renew their website.

Contact Angie Hayes.

- **Overcoming Your Imposter.** Are Imposter feelings holding you back from believing you are good enough? This session will help you to get clarity on where those blocks are coming from and how we can address them.

Contact Angie Hayes.

- **Adapting Language Patterns.** Would you like to improve your skills in adapting language patterns toward client needs? This session will help you to grow your confidence with better results for your clients as a result.

Contact Lisa Williams Edgar.

- **Creating Great Social Media Posts.** How to use Canva and ChatGPT (AI) to build professional and effective Social Media content.

Help with working out Miracles and Miseries to sell your services.

Contact Lisa Williams Edgar.

- **One-to-one Supervision at £40 per hour.** Via Zoom or telephone. As a fully qualified Supervisor with the National Council for Hypnotherapy (NCH), Lisa provides supportive, solution-focused supervision tailored to your needs, whether you're newly qualified or an experienced practitioner seeking ongoing professional development.

Contact Lisa Williams Edgar

- **Cost per coaching session £149.**
- **Contact Details on final page of this pack.**

Contact Us

New Horizon Training Academy

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