

Personal Statement – Director Election, National Council for Hypnotherapy

Having joined the NCH as a student member over 15 years ago, and becoming a full member upon qualifying with my HPD 14 years ago, I was honoured to be appointed Standards Officer in 2015.

My formal legal career, which spanned 25 years, gave me a strong foundation in ethics, analysis, and problem-solving. I managed a team of 15 solicitors and barristers which honed my skills in listening, respectful professional communication. As my passion for helping clients with their emotional needs grew, I transitioned to full-time hypnotherapy: a decision that continues to be deeply rewarding and I went on to qualify as a supervisor in 2018.

Serving on the Executive Board of the NCH, the only not-for-profit hypnotherapy members' association, has allowed me to apply these skills in service of our profession. Over the past decade, my focus has been on fostering a supportive and approachable relationship with members, building useful resources and ensuring they can be accessed as needed.

In my time as Standards Officer, I have worked to strengthen the foundations of our profession in many ways including developing and formalising policies and procedures, including GDPR training (available on the members' wiki), and contributing to the Mentorship programme which supports training and newly qualified members. During the pandemic, I played a key role in interpreting and communicating the four nations' regulations so that members could safely continue their practice. I subsequently developed a Return to Practice guidance document distributed to members as restrictions were lifted.

As my role evolved to include Supervision, I reviewed and updated the supervision course syllabus to ensure it remains robust, relevant, and fit for purpose. Once approved by the certification awarding body, the new syllabus will offer a modern framework to meet the ever-changing demands of our profession.

Over the past year, my responsibilities have developed further as a Director of the NCH, a natural and humbling progression. Alongside my existing Standards and Supervision duties, I have continued to listen to members and introduce initiatives which support their growth. A particular highlight has been collaborating with an industry expert to launch a six-part Business Development and Marketing course for our qualified, practising members, designed to help them grow their practices while upholding ethical standards. This resource will be available to use on the NCH website. In addition, working closely with our admin officer, I recently introduced the NCH Certificate of Accreditation which is now available to eligible members upon application.

I am proud of the progress we have made: from building member resources and beneficial collaborations to ensuring the NCH approved course curriculums remain relevant and of the highest possible standard.

The Members are the heart of the NCH. It has been a privilege to work for an organisation that puts ethics and standards before profit or private interest. I would be honoured to continue this work as a Director, helping the NCH promote the skills and integrity of hypnotherapists, and ensuring our members continue to have access to the highest quality professional Standards and business development resources.

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