

## About the trainer

Caroline Dyson has a psychology background and is a qualified teacher, clinical hypnotherapist and counsellor with additional training in other therapeutic techniques including EMDR, EFT, TFT and Mindfulness. She is a trained Pediatric Sleep Practitioner and conducts sleep assessments with children and young people.

Caroline has worked in primary, secondary and Further Education settings, both mainstream and specialist SEN. She has also worked in private practice running a very successful clinic in the Midlands. She has helped children as young as 5 years old right up to adults aged 99 years old! For over 10 years she worked as a specialist teacher for a local authority supporting schools, staff and students with behaviour and mental health issues.

She is a clinical supervisor for hypnotherapists and regularly lectures and trains for various organisations. She speaks at conferences around the UK and writes articles about mental health, education and therapy.

She currently works within her own company, Managing Minds ([www.managingminds.co.uk](http://www.managingminds.co.uk)) delivering Mental Health therapy, support, advice and training to several schools and educational settings/agencies around the Midlands area.



## About HISP

HISP was founded in 2011 by Caroline Dyson. It arose from a desire to make hypnotherapy equally accessible to children from all backgrounds and not just those who could afford to find and fund it privately. By allowing schools to be the referrer, it opens up this approach to children of all ages, backgrounds, abilities, etc.

HISP also aims to increase the awareness of the benefits of hypnotherapy in supporting children and adults. HISP is hoping to help in the process of making hypnotherapy as acceptable as other types of therapy, i.e. counselling.



[www.hypnotherapyinschools.co.uk](http://www.hypnotherapyinschools.co.uk)

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## Hypnotherapy In Schools Programme

## Training Courses

[www.hypnotherapyinschools.co.uk](http://www.hypnotherapyinschools.co.uk)