

## Using Hypnotherapy with Children & Young People

This 10 hour course is aimed at qualified or nearly qualified clinical hypnotherapists who want to learn how to adapt their skills to work with children and young people in private practice. The course will cover the following areas:

- Differences to working with adults
- Practicalities of conducting a session
- Differences between younger and older children
- Key principles
- Legal issues / safeguarding
- Working with parents
- Taking a case history
- Inductions & deepeners
- Resources & props
- Core techniques
- Core scripts
- Case studies
- Examples of key issues covered: self-esteem, anxiety, sleeping, managing emotions, habit breaking, fussy eating, fears/phobias



## Using Resources in Therapy

This 5 hour course is aimed at qualified or nearly qualified clinical hypnotherapists and counsellors who want to learn how to use a range of resources to help clients. The course will cover the following areas:

- How, when and why resources might be useful
- Using resources to build rapport
- Using resources to help clients open up and talk about their thoughts and feelings
- Using resources to aid with building self-esteem
- Demonstrating resources on the market and how these can be used
- Adapting resources
- Exploring resources that can be made/ designed in sessions
- How to use resources to ask questions

## Hypnotherapy in Schools Practitioner

This 5 hour course is aimed at qualified clinical hypnotherapists who already have experience and/or have attended specialist training in using hypnotherapy with children and young people and who want to learn how to take their skills into schools and educational settings.

The course will cover the following areas:

- Differences working in schools compared to private practice
- Education overview
- Structure of sessions
- Consent issues
- Legal issues / safeguarding
- Practical issues
- Policies, written proformas and protocols
- Individual, group and staff sessions
- Exam anxiety intervention
- Marketing and advertising
- Case studies

