

# NGH HYPNOTHERAPY TRAINING 2010/2011



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## Welcome Note

Welcome to the wonderful world of hypnosis. We are delighted to be able to share some information with you regarding our exciting training programme.

Within this prospectus we hope you find answers to many of the frequently asked questions about hypnosis training and if you have any more questions we will be delighted to answer them if you would like to call us or contact us by email.

We, at Bodywatch are very happy to be able to bring the National Guild of Hypnotists (NGH) Training Programme to Ireland and the UK. The NGH are the oldest and most established hypnosis organisation in the world with thousands of members worldwide.

We hope that you enjoy reading through this prospectus and that you gain an insight into this very rewarding and exciting profession,

Warm regards,

*Niamh*

Niamh Flynn DHP CI BA MMEDSCI MBA

Bodywatch Ltd

## **Your Certification**

On successful completion of the course you will be eligible to use the letters C.H. after your name. You will be qualified as a Certified Hypnotist with the National Guild of Hypnotists. You will also receive a year's free membership with the NGH. This valuable membership includes regular journals and publications keeping you up to date on current issues in the field of hypnosis and also offers you the opportunity to avail of significant discounts on books, conferences, cds and dvds. See [www.ngh.net](http://www.ngh.net) for more details.

If you would like to know more about hypnosis you can see Rachel Wyse from City Chanel interviewing Niamh on

[www.hypnosistrainingireland.ie/youtube](http://www.hypnosistrainingireland.ie/youtube)

or

[www.bodywatch.ie/youtube](http://www.bodywatch.ie/youtube)

## **National Guild of Hypnotists Training**

This NGH training programme offers a comprehensive hypnosis training programme. The NGH curriculum is an effective, proven programme for helping individuals resolve problem areas in their lives. You will also receive training on record keeping, effective marketing and advertising, as well as tips on how to set up your successful hypnosis practice.

The tuition includes a minimum of 100 hours of combined classroom instruction, homework assignments, practice sessions, and supervised clinical practice. (80 hours of face-to-face classroom and 25 hours of reading assignments, written homework, practice of all the inductions and techniques learned in class, watching videos, listening to CD's and creating a preliminary business plan.

Students are also required to submit work as part of the course. You will be invited to participate in an interesting training schedule which will include demonstrations of processes, lectures, questions and answers and supervised hands-on practice and demonstration of techniques. You will be given direct experience and the opportunity to apply the theory behind the practice of hypnosis. Students will be able to work in pairs to put the techniques into practice and benefit from instructor feedback.

NGH Certified Hypnotists have a variety of options on completion of their training. They can set up their own private practice or work with other health professionals or, in some instances, use their new skills to complement their existing work.

Upon successful completion of this training, you will be awarded your NGH Certification and membership status.

## **Your Instructor**

### **Niamh Flynn DHP CI BA MMEDSCI MBA**

Your Training Instructor Niamh Flynn, brings a wealth of knowledge and experience to your training course with the National Guild of Hypnotists. Niamh is a director of Bodywatch Ltd, the successful Sport Psychology & Hypnotherapy Consultancy based in Galway and established in 1997. She has a diploma in Hypnotherapy and Psychotherapy, a Bachelor of Arts degree in Psychology from NUI, Galway, a Masters degree in Sports Medicine from the University of Sheffield and several certificates in health and fitness. She is also a certified instructor with the National Guild of Hypnotist.

Niamh has a Masters degree in Business Administration (MBA) from the Michael Smurfit Graduate School of Business, Dublin

A member of the National Guild of Hypnotists, America's most prestigious Hypnosis Organization, Niamh has been featured regularly in several publications including The Sunday Tribune, The Galway Independent, The Irish Times and many others. She has also featured on City Channels Evening Show discussing hypnosis and how it works. Clip available at [www.hypnosistrainingireland.ie/youtube](http://www.hypnosistrainingireland.ie/youtube) or [www.bodywatch.ie/youtube](http://www.bodywatch.ie/youtube)

With a wealth of knowledge about business and hypnosis Niamh is able to provide an insightful perspective to course participants on this most interesting profession.

## **Why Train With Bodywatch Ltd?**

We are teaching the official NGH programme which is recognized internationally.

Your tutor has an established hypnosis business, allowing you to learn from someone who has experience in running an hypnosis business.

We include comprehensive, detailed NGH course materials with our Training Programme.

We offer the official NGH Hypnosis Training Programme in a new modular format.

You benefit from a full years membership to the National Guild of Hypnotists on successful completion of the course.

You will be able to use the letters C.H. (Certified Hypnotist) after your name on successful completion of the course.

Your instructor, Niamh Flynn is a highly qualified, experienced hypnotist, business woman and lecturer. You can benefit from her wealth of experience and insight into how you can help people to make effective, positive changes within their lives.

As part of the course you will be given ample opportunity to put the theory into practice and develop your confidence as an hypnotist.

We will teach you how to help people stop smoking in one hour.

We will give you scripts, cds and dvds to make your journey into your hypnosis career an interesting one.

We will demonstrate how you can help people to get rid of their fears and phobias using age regression techniques.

You will learn invaluable tips on how to start your own business and find an area or areas which you can explore further and potentially specialize in.



# BODY WATCH

## Course content

As part of the course you will learn..

### **The Basics** **Part I** **Part II**

The Basics....

How to...

- Influence people using hypnotic language
- Develop excellent listening skills
- Empathise with others
- Be brilliant in your career
- Hypnotize friends, family and clients in SECONDS
- Develop superb listening skills
- Spot those whom you can hypnotize in seconds
- Use hypnotic anchors
- Eliminate fear and facilitate the trance state
- Create a comforting environment for your clients
- Encourage others to accept your suggestions
- Increase your knowledge about body language and its influence on communication
- Increase your own self confidence and the self confidence of others
- Uncover self-sabotage issues and how to resolve them
- Build communication
- Use hypnotic convincers
- Use misdirection techniques
- Uncover lost memories
- Understand how stage hypnosis operates

## You will also learn...

### Part I

- Introduction - Goals and Training
- Suggestibility tests
- Classification of subjects
- Influences and dangers
- Misconceptions and truths
- Subconscious vs Conscious mind
- How to hypnotize
- Rapid inductions
- Instant inductions
- Deepening techniques : Depth tests and scales
- Bringing client back to full awareness
- Developing rapport
- Indirect suggestion
- Applications of hypnosis
- Powerful inductions and deepeners
- How to decide which inductions to use based on the client's needs
- Mechanical aids
- Historical overview of hypnosis
- Complete Smoking Cessation Programme
- Weight Control and Stress Management Programmes
- Scripts and their use within your practice

### Part II

- Conducting your first session with a client
- Behavioural assessment; goal setting & reinforcement
- Conducting sessions two, three and four, etc. with a client
- Designing and teaching a self-hypnosis course
- Age regression work
- Affect bridge and calendar regression techniques
- Eliminating fears and phobias
- Regression Exploration
- Advanced hypnosis techniques
- Stress reduction strategies
- Discomfort Control
- Performance Enhancement techniques
- Self hypnosis techniques
- Effective marketing and business strategies
- Legal considerations
- Part II exam

Upon successful completion of Part II, you will receive your NGH Hypnosis Certification, and you qualify for membership in the NGH, the largest and most established and prestigious hypnosis organization in the world. Your first year of membership is included.

## NGH Members Receive:

- Quality training and instructional materials
- The 'Hypno-Gram' quarterly newsletter
- The Journal of Hypnotism quarterly magazine
- Access to Hypnosis Educational Conferences
- Discount on Solid Gold Week-end Conference
- Hotel Discounts
- The "Hypno-Gram" quarterly newsletter
- The "Journal of Hypnotism" quarterly magazine
- Referrals through computer listings
- Video and audio tape rental library for it's members
- Discounts on hypnosis DVD, CD and Books
- Local chapter networking and education
- Access to continuing education programs
- Professional Service

## **Investment**

### **New Monthly Installment Option**

We are delighted to offer a new payment plan system so you can pay in installments. There is a deposit of €300 and then the balance can be paid in monthly installments over the five month period.

Those paying in full, in advance, may be eligible for a discount\*. Please refer to the booking application page on the web page for further information.

Bodywatch Ltd reserve the right to change venue and times although this is unlikely to occur. In the event of a cancellation of a course a full refund will be made and Bodywatch Ltd will not be responsible for any additional expenses incurred by students.

Full time students with a student card are welcome to ask about our special student rate.

Your investment includes all course materials and a full years membership to the National Guild of Hypnotists on successful completion of the course.

\*If you would like to pay in full in advance you can make a saving of almost 300 euro. We are delighted to offer a choice. Call us today on 091 720145 to discuss your options in further detail.

## **Course Dates and Venues**

### **New Modular Course Commencing October 2010**

**Venue: Mercer Hotel, St Stephens Green, Dublin**

Dates:

- October 17<sup>th</sup> 18<sup>th</sup> 2010
- November 7<sup>th</sup> 8<sup>th</sup> 2010
- December 5<sup>th</sup> 6<sup>th</sup> 2010
- January 15<sup>th</sup> 16<sup>th</sup> 2011
- February 12<sup>th</sup> 13<sup>th</sup> 2011

Saturday 9am -5pm

Sunday 9am - 5pm

**Enquire About Our Easy To Pay Installment Plan Today**

**Charleston, South Carolina, USA**

**Dates: TBC**

## **Eligibility of Applicants**

You do not need to have any prior experience of hypnosis or hypnotherapy training.

Although you do not need any prior academic qualifications if you intend to practice as an hypnotist we feel that you must have an empathy for people as clients will be looking to you for assistance with a variety of issues. It is important too, to be able to establish a rapport with people and you must of course be able to meet the academic requirements of the training.

This course is designed for individuals who have a background in psychotherapy, health care or psychology and wish to incorporate hypnotism into an existing practice.

It is also suitable for individuals who have an interest in helping others and wish to establish an hypnosis practice.

This course is not suitable for people with specific medical conditions including bipolar, schizophrenia or epilepsy.

## **Testimonials:**

### **Read what some of our previous graduates have to say....**

The hypnosis course delivered by Niamh was brilliantly practical and thoroughly enjoyable. I would never have anticipated learning so much from one course. I would highly recommend it.

**Brid Falconer, Fermanagh**

This course is great for anyone. I have taken so much from it, thanks chiefly to Niamh and her people skills.

**Seamus Mahon, Derry**

The NGH Certification course has provided the basics in order to start a professional hypnotherapy practice. The practical element of the course has given me additional confidence and Niamh's personal experience is invaluable to provide insight and support. The documentation and handbooks etc. are extremely professional and will provide long lasting supportive material in a practical way.

**Sarah Smith, Galway**

The course Niamh is running is a very beautiful gift to self. She gives pure essence in a very wonderful and powerful way.

**Danielle Dodds, Galway**

I found the course to be very practical and well delivered by Niamh.

**Bernie Cadogan, Kerry**

I really enjoyed the course. It was very informative and I am looking forward to putting it into practice.

**Margaret White, Mayo**

I really enjoyed the course and feel very confident in continuing in hypnosis.

**Mary Gaughan, Mayo**

The course was thorough, concise and superbly structured. A very relaxed, informative course which allowed me in my own time to absorb all the information. Unlike a college structure which I find suppresses information absorption.

**Phil Molloy, Dublin**

Great Course. Thanks Niamh  
**James Barrett , Mayo**

I was amazed at how easily I was able to put the techniques into practice. I now feel confident starting my own practice  
**Sharon O'Grady, Galway**

I recommend the NGH hypnosis course for any person interested in pursuing hypnosis as a career.  
**David Kelleher Westmeath**

The course was educational, very instructive, very professional as was Niamh, the instructor. Would highly recommend.  
**N Gallagher, Galway**

This is a wonderful course for people wanting to help others. The instructor (Niamh) is pleasant and makes everything easy to understand. She creates a great atmosphere among class members.  
**Pat Harris, Sligo**

Niamh is a brilliant instructor, the course was great. I learned so much in such a short amount of time, I am very confident in going out to work as a hypnotist. Thanks Niamh!  
**Caitriona Mullins, Kildare,**

I felt the course was excellent. it will definitely help me to broaden my horizon in my present field as a psychotherapist. I have no hesitation in recommending the course to any therapist who is looking for a wonderful, useful tool to help in our work with clients. Thank you Niamh.  
**Patricia Heneghan, Galway**

Niamh was excellent, She was so helpful in every aspect of the course. She made the course enjoyable as well as educational. I would like to say a big thank you.  
**Aoife Coughlan. Galway.**

Cheap mé go raibh an Cúrsa thar a bheith maith agus Niamh iontach ag tabhairt an chúrsa.  
**Mairéad Mac Con Iomaire. Gaillimh**

The course surpassed my expectations greatly. Niamh is an excellent instructor and has a great way about her. I have learned so much coming from a background of no experience with hypnosis.

**Rory, Westmeath.**

I found Niamh's course to be a professionally positive experience both for my personal and professional life. I would highly recommend it. I feel I benefited greatly.

**Louise Lyons. Galway.**

## Contact Details

By Post: Niamh Flynn Suite 29 Floor 2, The Galway Clinic, Doughiska, Galway

By Phone: 00 353 91 720145

Mobile: 00 353 86 8234337

By email: [info@bodywatch.ie](mailto:info@bodywatch.ie)

Web: [www.hypnosistrainingireland.ie](http://www.hypnosistrainingireland.ie)

We welcome your enquiries and look forward to speaking with you.