

# Fiona Lamb

PROFESSIONAL HYPNOTHERAPY TRAINING

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In Association With

ANDREW **PARR**  
PRACTITIONER TRAINING

# Welcome

## Week 1 - Introduction

# Aims of Today

- Introductions & Welcome
- Objectives of the Course
- Useful contacts
- How will this course help you?
- Course Overview
- Ground Rules/ Guidance
- Obtaining your Diploma
- Guidance on Case Studies
- Why you are here?
- Practical Exercise (Alone, and in 3s) & Feedback

# Useful Contacts & Information

- **Andrew Parr** - Director of Training – [office@andrew-parr.com](mailto:office@andrew-parr.com)  
07887 566562
- **Debbie Mahon** - Tutor - [training@andrew-parr.com](mailto:training@andrew-parr.com)  
07894 277595
- **Heather Brown** - Student Support & Mentor – [support@andrew-parr.com](mailto:support@andrew-parr.com) 07964 071654
- **Yvette Lowery** - Coursework Assessment & Extra Support [loweryyvette@gmail.com](mailto:loweryyvette@gmail.com)
- **Antoinette Kelly** – Website & Technical Support [antoinette@519collective.com](mailto:antoinette@519collective.com)
- **Vanessa Karl** – (Supervisor - After the course)
- **Facebook Groups x 3**
- **Members Area**

# Objectives of the Course

- Attain certified diploma **Professional Hypnotherapy & Hypnosis Practitioner**
- Accreditations: Full **NCH/GHR/ACCPH Ofqual Level 5** accreditation
- To gain a deeper understanding of Human mind & how it works
- To gain **skills & knowledge** to help others (and yourself) to solve **personal, & habitual issues** so that they can **transform** their lives.
- Use these skills & knowledge to perhaps begin/enhance a business
- **Personal Development**

# Why this course?

- Developed from **30 + years** in world of hypnotherapy and & Personal Development
- Experience with **20,000 +** clients
- Uses what he developed as **Natural Hypnosis**. (Unique approach drawn from many sources)
- Creative Mind Method - a way of working with the unconscious and imagination for deep change
- This knowledge, methods, tools & unique approach will **change your life forever**, as you will go into help **others to transform theirs**.

# This course will help you to ...

**Understanding** how we create **personal, emotional & habitual problems** and what really needs to happen to bring about **change**

**Gain the skills & knowledge**

To conduct an effective therapy session

**Put it into practice**  
to build **confidence and success**

# Overview of the course



# TRAINING METHODOLOGY

- **TRAINING SESSION** - (Tuesday 6-8pm)
- **PRACTICE SESSIONS** - (Thursdays 6-8pm)
- **COURSEWORK.** Need to complete and submit in order to gain Diploma, at your own pace
- **GROUPS.** Members area/ Members only FB group, General Beginners Group & Course specific FB group.



# A Few Ground Rules

- **Training sessions** (Not group Therapy) Will be time for **personal development**
- **ACCOUNT SECURITY.** Maintain confidentiality, privacy and security of all training material and person info. (Username & password)
- **PUBLIC COMPUTERS.** Remember to Log off.
- **TRAINING SITE INTEGRITY.** Any changes, please notify us.
- **ON-LINE MATERIAL.** All training material is copyright owned by Andrew Parr Training Ltd and Fiona Lamb – please, do not distribute to anyone not taking training without express permission.

# When Attending Practise Sessions

- **Respect for Each other's beliefs & values.**
- **Classroom Practice protocol** – Listen, don't interrupt, okay to disagree, voices down, etc.
- **Silent Observer** – Counselling model, practice in 3s Therapist/client/observer
- **Switch off Mobile phones**
- **Live Demos** – As quiet as possible, no tearing sheets etc.
- **Good Timekeeping** – Please, try to be on time! We will start without you. If you need to arrive late, please, let us know to avoid disruption. (Online, or in person)
- **Questions** – Please ask at appropriate time, when relevant. Always lots of time for questions

# Obtaining your Andrew Parr Diploma in Professional Hypnotherapy & Hypnosis

- **Coursework** – Listed at end of each module. Submit in word/google docs/pdf to Yvette Lowery (Independent assessor) at: [loweryyvette@gmail.com](mailto:loweryyvette@gmail.com). Feedback within in 7 days
- **Reflective Practice Journal** – Minimum of 40 hours therapeutic practice, to be logged into Reflective Practice Journal. Some from practice sessions, 20 hours at least from outside clients. Also use **Personal learning Journal** as somewhere to record extra reading, demonstrations, etc.
- **Case Studies** – 4 case studies required (for at least 2 sessions each), of at least 800 words
- **Statement of Personal & Professional Philosophy** – At end of course and completed modules. This is 800-1000 words of; your background, your 'why', preferred way of working, plus preferred techniques, commitment to client's wellbeing, etc.
- **Bibliography** – All books/ websites referred to or referenced in your coursework.

# Further Guidance for Case Histories

**4 clients** that you have worked with for at **least 2 sessions**.

**800-1000 words** of Analysis – **The issue, the methods & techniques** used, why, what happened, anything you learned, and/or would do differently. You can use the following template.

- Client Description: Age, Sex.
- Presenting Symptoms or Problems:
- Your first Impressions:
- What induction process you decided to use and why?
- What methods or techniques you used and why?
- What happened?
- Anything you learned or would do differently
- Any feedback from the client
- **Other Qualifications**
- On successful completion of the course and coursework, we will also issue you with a **Combined Certificate In Hypnotherapy, Psychotherapy, Coaching & Counselling Skills.**

# Exercise: Why am I here?

- Duration: 5 minutes
- Equipment Needed: Notepad & Pen
- Practice Partner: Work alone

You are here for a reason, and sometimes it is helpful to clarify that reason both now, and for later on

## Instructions

- Think about why you are doing this course and write your answers to the questions below.
- (Ideally, please also submit your answers to these questions in the form in the welcome unit online. There is no right answer, just whatever means something to you.)
- **My name is** .....
- I am on this course because I want to *have*: (ie. what do you want to get?)
- I want to *feel*: (how do you want to feel differently afterwards)
- I want my “average” day to be:
- I would like to feel the following change in my status or role in society or life:

## Exercise: Getting Acquainted

- Duration: **30 minutes**
- Equipment Needed: Notepad & Pen
- Practice Partner: Work in 2's or 3'

We will be spending a lot of time with each other so it is good to get to know each other. Plus, a vital part of any **therapeutic process involves to ability to listen, take notes** (mentally or in writing), and be able to use that information to help someone.

This exercise will 'kick start' both of those processes for you.

### Instructions

In groups of 3's chose one person each and interview that person to find out more about each of their answers to the previous "**Why am I here?**" questions. You will have **10 minutes per person** to do this. Make some notes as you do so that you have a good understanding of that person's reasons and aims for being on this course.

**(NOT A 2-WAY CONVERSATION!) You ask questions, they answer**

# Summary

- Please, make sure you have access to the private **Facebook Groups**
- Even if you are shy of social media, there is a lot of useful information available from reading others' questions, answers and discussions. It is also a great place to get people to practice with when you first start out.
- **Be kind and patient with yourself**
- There is a lot to learn and get used to. Just keep working through the modules, watch the videos, do the exercises and you will find you start "knowing" without even realising.
- Support is always available. If you have a question, just ask!
- This is to chat through any queries and questions relating to the course.
- If you would like a some extra, structured support, or to book a discounted treatment session to work on your own issues and gain a deeper understanding please message Heather or myself directly.