

ANDREW **PARR**

Practitioner Academy

**Welcome**

**Week 1 - Introduction**

Presented by Debbie Mahon and Heather Brown

# Aims of Today

- **Introductions & Welcome** from Debbie & Heather
- **Objectives of the Course**
- **Useful contacts**
- **How will this course help you?**
- **Course Overview**
- **Ground Rules/ Guidance**
- **Obtaining your Diploma**
- **Assigning Mentor sessions**
- **Written Assignment Surgeries**
- **Initial Guidance on Case Studies**
- **Who are you & Why you are here?**
- **Practical Exercise (Alone, and in 3s) & Feedback**

# Andrew Parr

- Over 30 years of experience as a Hypnotherapist
- Over 7-8 years running the **The Andrew Parr Academy** of Training
- Author of '**The Real You**'



# About **Debbie Moores**

- **Head of Training/Live On-line Trainer/Mentor**
- Integrative and Transformational Hypnotherapist
- Trained with Andrew Parr 5 years ago
- Set up my own practice in April 2018
- Previously, 16 years as a University Lecturer
- Currently in the process of integrating 'Art as Therapy' into practice
- Based in Warsash in Southampton



Debbie Moores

TRANSFORMATIONAL  
HYPNOTHERAPIST



# About **Heather Brown**

- **Lead Tutor of Classroom Course**
- **Tutor/Mentor/Student Support for Live Online course.**
- Studied with Andrew Parr
- Previously in Admin



# Useful Contacts & Information

- **Andrew Parr** - Director of Training – [office@andrew-parr.com](mailto:office@andrew-parr.com)  
07887 566562
- **Debbie Moores** - 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)
- **Alison Baldwin** - Accounts & Financial [accounts@andrew-parr.co](mailto:accounts@andrew-parr.co)
- **Antoinette Kelly** – Website & Technical Support [antoinette@519collective.com](mailto:antoinette@519collective.com)
- **Vanessa Karl** – (Supervisor - After the course)
- **Facebook Groups x 3**
- **Members Area**

# Exercise: Why am I here?

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

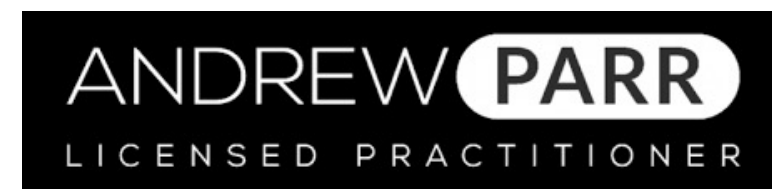
You are here for a reason, and sometimes it is helpful to clarify that reason both now, and for later on.

## Instructions

- Think about why you are doing this course and write your answers to the questions below.
- 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:

# Objectives of the Course

- Attain Andrew Parr certified **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?

- Andrew Parr has **30 + years** in world of hypnotherapy and & Personal Development
- Has experience with **17,000 +** clients
- **Training Academy** founded in 2013
- Uses what he developed as **Natural Hypnosis**. (Unique approach drawn from many sources)
- 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

ANDREW **PARR**  
Practitioner Academy



# TRAINING METHODOLOGY

- **TRAINING SESSION - (Monday 7-9pm)**
- **PRACTICE SESSIONS - (Wednesday, 7pm-9pm)** Extra one to be introduced at some point
- **5-10 minute break** in the middle wherever possible.
- **COURSEWORK.** Need to complete this and submit order to gain your diploma, at your own pace.
- **Written Assignment Surgeries** to help to keep momentum going and complete diploma more easily.
- **Mandatory Monthly, 30 min- one-to one Mentor session**
- **GROUPS.** Members area/ Members only FB group, General Beginners Group & Course specific FB group.
- All sessions will be **interactive**, and often an element of **practical**

# A Few Ground Rules

- **Module Notes** will be sent night before (Please print for session)
- **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 – please, do not distribute to anyone not taking training without express permission from Andrew Parr.

# When Attending Practice Sessions

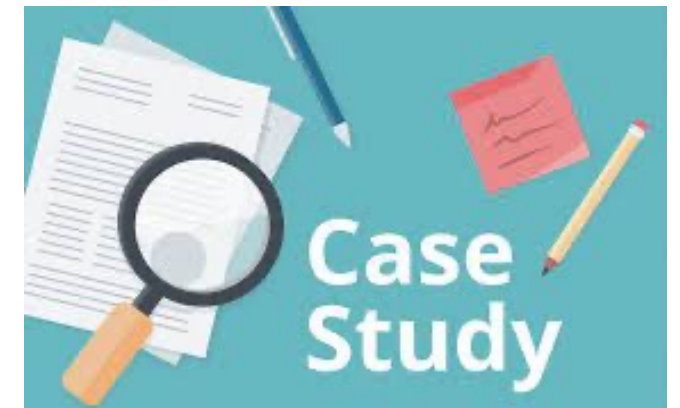
- Please, **respect** for each other's **beliefs & values**.
- **Classroom Practice protocol** – Please, always listen, don't interrupt, okay to disagree, voices down, etc.
- **Silent Observer** – Counselling model, practice in **3s**, **Therapist/client/observer** (turn your sound off when observing)
- **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 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.
- **Personal learning Journal** as somewhere to record extra reading, demonstrations, practice, etc.
- **Case Studies** – **4 case studies** required (for at least 2 sessions each), of at least **800-1000 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.

# Written Assignment Surgeries

- Recently introduced to help keep you '**on track**' with the diploma
- An opportunity to get **guidance** and discuss and demystify what is expected of each module by assessor
- To help get you going with written assessments
- Help **integrate practice with theory**
- **Guidance on case studies**





# Mandatory Monthly, 30 min- one-to one Mentor session

- This is personal to you and **course related**, although, not therapy
- Your session will be allocated to you each month, it is up to you to rearrange with your mentor of not a convenient time.
- Key to gaining your own **personal experience**



# Initial 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**.

# Work on yourself

## Reduced Cost Hypnotherapy sessions

- 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 of yourself, please message **Heather** or **Debbie** directly.
- Most therapy. counselling courses require you to have your own therapy, it is **not mandatory** – but can be very helpful



# Exercise: Getting Acquainted

- Duration: **10 -15 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 **5 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.

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

**Now feed back in the group** –about one person that you spoke to

# Summary

- Please, make sure you have access to all 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, webinars, do the exercises and you will find you start "knowing" without even realizing.
- Support is always available. If you have a question, **just ask!**
- Each month for the 12 months after joining you are entitled to your free 30-minute 1-1 mentoring session with your student mentors (Debbie/ Heather)..