

ACCREDITED PROFESSIONAL HYPNOTHERAPY TRAINING

PRESENTED BY



Providers of Quality Hypnotherapy Training



GHR
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General Hypnotherapy Register

gHSC
MEMBER
General Hypnotherapy
Standards Council

Registered with The Department of Education and Skills Learning Provider (No. 11590)



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TRAIN WITH ELESTIAL FOR A REWARDING AND PROFITABLE NEW CAREER

Over the last decade complementary health care has become recognised both by the medical profession and the general public as being of considerable value alongside orthodox medical treatment. Many doctors (GP's) will state that in today's stressful and rapidly changing lifestyle, anxiety and stress related ailments account for up to 50% of all cases they deal with. Attitudes within the medical profession regarding the use of many of the complementary therapies have changed and we now see G.P's referring patients directly to clinical hypnotherapists.

Many members of the medical profession have long been concerned as to the reliability of hypnosis along with the belief the induction of the hypnotic state is too time consuming. With only an average of eight minutes allowed for each patient, hypnotherapy remains a tool well out of the reach of the average G.P that is until now! Elestial Training will teach you techniques designed to take a person into a deep hypnotic state within 1 to 2 minutes, thus making this training course suitable for Doctors, G.P's and other members of the medical and caring profession.

Here at Elestial Training we have proven time after time most ailments containing an emotional or psychosomatic element are not the exclusive preserve of the medical profession. Indeed such ailments may more effectively be dealt with by gentle and caring interactive therapies such as hypnotherapy rather than the administering of drugs.

Our Professional Hypnotherapy Training Courses are designed to be of particular relevance to those employed in the caring profession. For people who hold an interest in the field of human potential and personal development, opening up a new dimension for those with a genuine interest in hypnotism and hypnotherapy irrespective of education, race, creed, religion or environmental classification.





A NEW REWARDING FULL OR PART-TIME CAREER

You too can learn hypnosis! no special qualifications are needed **you will be taught thoroughly step by step.** We ensure that upon completion of your training **you will have a full understanding of and will have had practical experience of hypnosis!**

Once trained you can then set up in private practice either as a full or part-time practising hypnotherapist with the potential of earning a substantial income. Therapists are known to charge between £40-£600 (fees charge may vary between localities).

After investing in the time it takes to build a practice it may not be long before your tuition fees are recouped!

Elestial Training UK Ltd through its links with professional associations openly supports the setting of National Occupational Standards for Health Care in relation to hypnotherapy. We also endorse and support the work of separate professional organisations i.e. The General Hypnotherapy Standards Council, The General Hypnotherapy Register and The Hypnotherapy Practitioners Association these organisations are pioneering for establishing standards of training, ethics and professional practice within the fields of hypnotherapy.

AIMS AND OBJECTIVES OF ELESTIAL TRAINING UK LTD.

Our aim is to train you to a high standard within the fields of suggestive and hypno-analytical therapies within the shortest time using our training methods and approaches. Our teaching methods are unique, supportive, warm and friendly, we are absolutely dedicated to this profession, it is our mission to teach and assist you in becoming a competent practitioner in modern clinical hypnotherapy by installing in you complete confidence in yourself and your abilities, allowing you to: -

- ◆ *Enhance your personal development*
- ◆ *Actually experience hypnotic techniques, learning how and when to apply them through participating in practical workshops, developing your own expertise and knowledge.*
- ◆ *Demonstrate knowledge of hypnotism, hypnotherapy and applied hypnotic techniques and their relevance to the differing needs of your clients.*
- ◆ *Appreciate that hypnotherapy is one approach for improving an individuals quality of life and is complimentary to the treatment given by medical practitioners and other therapists.*
- ◆ *Understand how to promote yourself in private practice, one to one therapy sessions and as a professional in the complementary and alternative health industry.*
- ◆ *Qualify to practice under licence from the Clinical and Therapeutic Hypnosis Association with professional liability insurance.*
- ◆ *Gain additional certification from The Open College Network if you wish to gain entry into higher/formal education.*



WHAT IS HYPNOTHERAPY BEST FOR?...

WHAT CAN IT HELP WITH?

- ◆ Weight Loss
- ◆ Self-confidence
- ◆ Relaxation

RELIEVES

- ◆ Tension
- ◆ Depression
- ◆ Hay Fever
- ◆ Asthma
- ◆ Allergies
- ◆ Ulcers
- ◆ Car Sickness
- ◆ Stage Fright
- ◆ Anxiety
- ◆ Arthritis
- ◆ Agoraphobia
- ◆ Indigestion
- ◆ Stress
- ◆ Claustrophobia

BUILDS CONFIDENCE FOR

- ◆ Exams
- ◆ Public Appearances
- ◆ Driving Test
- ◆ Personal Relationships

CORRECTS

- ◆ Impotency
- ◆ Menstrual Problems
- ◆ And other sexual difficulties
- ◆ Frigidity
- ◆ Premature Ejaculation

IMPROVES

- ◆ Eating
- ◆ Sports & Academic performance
- ◆ Sleeping

STOPS

- ◆ Nail biting
- ◆ Stammering
- ◆ Blushing
- ◆ Bedwetting
- ◆ Migraine
- ◆ Nightmares
- ◆ Drinking
- ◆ Smoking



OUR ACCREDITED HYPNOTHERAPY TRAINING COURSES ARE PRESENTED IN THE FOLLOWING FORMATS:

4 Day Intensive Practical Training Course:

Held over 4 day in Cardiff, the capital city of Wales and is externally accredited by the Open College Network. Over the 4 days you will learn hypnoanalysis, how to construct successful suggestions, treating clients by direct suggestions, powerful and fast hypnotic techniques, how to present past live regressions, why clients should come to you and not go elsewhere and how to turn virtually every person that calls you into a client and much, much, more! This course is ideal if you wish to become a practical working hypnotherapist without having to delve into its history, historical characters, or endless theories, even though you may choose to do so at your own leisure! All theory relevant to becoming a practical working hypnotherapist will be sent to you prior to the commencement of the course. This is by far our most popular and successful course and has been attended by many health professionals and those already employed in the alternative therapies profession.



course explores in great depth the history of hypnosis and hypnotherapy along with its many historical characters. Analysis the many theories put forward by numerous academics in an attempt to explain the phenomena of hypnosis as well as demonstrate and teach practical applications of hypnotic techniques for the therapeutic environment.

This course is suitable for the academically minded or persons wishing to gain additional certification from the O.C.N. for entry into higher or formal education i.e. university.



Individual one – one tuition:

Includes all of the above course contents and is tailored to suit your times and needs ideal for overseas learners or learners with a limited time period, presented in London U.K. Please contact Elestial Training UK Ltd for further details



Distance Learning:

Designed as an introductory to hypnotherapy if you are learning hypnotherapy at home, although you will receive all

course materials you will not whoever receive the benefits of practical tuition or having your new skills assessed. On successful completion you will be issued with The Elestial Training (Distance Learning) Diploma in hypnotic techniques for use in the clinical or therapeutic environment.

16 day Professional Hypnotherapy Training Course:

Spread over one weekend a month for eight months is externally accredited by The Open College Network and The General Hypnotherapy Standards Council at Practitioner Level. This

4 DAY INTENSIVE PRACTICAL TRAINING

4 Consecutive days of tuition and supervised practical training (9.30a.m – 5.30 p.m.)

These courses are held in South Wales throughout the year and combines elements of counselling, psychotherapy, cognitive therapy and hypnotherapy (including past life therapy). Applications are processed throughout the year and you may be asked to attend an interview. The course is progressive and will install in you an understanding of how and why hypnotherapy works. Upon successful completion of the course you will have enough knowledge and understanding of hypnotherapy to establish **your own professional hypnotherapy practice.**

On this course you will be instructed on:

- ◆ What is hypnosis
 - ◆ The uses of hypnosis
 - ◆ The legal position regarding hypnotism
 - ◆ How it feels to be hypnotised
 - ◆ Using self-hypnosis
 - ◆ Rules of the mind
 - ◆ How to produce deep hypnosis within 1-2 minutes
 - ◆ To hypnotise people quickly and speedily! or slower if your prefer.
 - ◆ How to recognise trance levels
 - ◆ Hypnotic and post hypnotic suggestions
 - ◆ Using suggestibility tests during the waking state
 - ◆ How to use suggestion effectively.
 - ◆ Characteristics of the trance state
 - ◆ Communication skills
 - ◆ Treatments by direct suggestion
 - ◆ How to treat clients using direct suggestion alone.
 - ◆ Conducting Hypnoanalysis
 - ◆ The correct way to structure your hypnoanalysis sessions for clients
 - ◆ Techniques to induce and deepen hypnosis
 - ◆ Techniques to bring clients back to full awareness
- ◆ Advanced Hypnotherapy
 - ◆ A method and framework so you can treat members of the public for almost any emotional or psychosomatic problem.
 - ◆ Treating of phobias, neurosis, psychosexual problems, asthma and other psychosomatic ailments
 - ◆ How to present past life regressions
 - ◆ Cigarette cessation and weight management.
 - ◆ The correct method to produce your own relaxation and self help tapes and CDs to sell to your clients and members of the public at a profit.
 - ◆ Setting up your Professional Hypnotherapy Practice.
 - ◆ To produce effective promotional material.
 - ◆ Where to and where not to advertise.
 - ◆ Why people should come to you for therapy rather than go elsewhere.
 - ◆ How to convert virtually every person who calls you into a client.

..... And More.....

All this and more packed into four fun and thought provoking days!

UPON SUCCESSFULLY COMPLETING OF THIS 4 CONSECUTIVE DAY COURSE YOU WILL BE ENTITLED TO:

- ◆ Use the letters Dip.Hyp (ETUK) after your name.
- ◆ Apply for membership of the Clinical and Therapeutic Hypnosis Association, upon acceptance use the initials M.C.H.T.A after your name
- ◆ Gain access to Professional Indemnity Insurance.
- ◆ Benefit from inclusion on the CTHA website (a page to promote themselves as a hypnotherapist)
- ◆ 1 year support after the completion of your course.

Course Fee – Contact Elestial Training



Methods of Payment

A: Enclosing full payment by cheque made payable to Elestial Training UK Ltd. with your application (if for any reason an application is refused all monies will be refunded).

B: Deposit of £150 (Non returnable) made payable at the time of your application to secure your place on this practical training course followed by 1 final payment by credit card or cheque. All cheques made payable to Elestial Training UK Ltd. and to be cleared 3 weeks before commencement (if for any reason and application is refused all monies will be refunded).



We accept a wide range of credit cards. If you wish to pay by credit card please complete the enclosed Credit/Debit Card Payment Form, or you can telephone on 08707 5549 766 or 029 2038 8837 to make your payment by telephone.

What the fees include:

- ◆ 4 Consecutive days of tuition and supervised practical training (9.30a.m – 5.30 p.m.).
- ◆ All printed course materials.
- ◆ CD Recordings containing relevant information
- ◆ Training Video containing hypnoanalysis sessions with real clients
- ◆ Case Studies
- ◆ Elestial Training diploma examination (Practical element is taken by assessment throughout the course) taken on day four.
- ◆ Lunch and light refreshments at break times.

Not included in the course fees are:

Accommodation
Travel to and from training facilities
Breakfast and evening meals



16 DAY PRACTICAL HYPNOTHERAPY TRAINING COURSE

gHSC

**Practitioner Level
VALIDATED TRAINING**

General Hypnotherapy Standards Council

This course consists of 16 tutored days held over 8 weekends spread over 8 months and combines elements of counselling, psychotherapy, cognitive therapy and hypnotherapy. Students will be required to undergo further reading and study between modules and to complete assignments. Applications are processed throughout the year and applicants may be asked to attend an interview. The course is progressive and installs in the student an understanding of how and why hypnotherapy works and culminates in approximately 112 hours of supervised practical tuition.

Students attending this course can also gain additional certification from The Open College Network. Students successfully completing their portfolio to the OCN required standard will be issued additional certification from the OCN in recognition of their achievements gaining credits towards formal further/higher education. The OCN is nationally recognised and will count towards further qualifications.

For further information about the National Open College Network, please visit their website: www.nocn.org.uk

On successfully completing this 8-month (16-day) diploma course you will be entitled to:

- ◆ Use the letters Dip.(ETUK).Hyp after their name
- ◆ Apply for membership of the Clinical and Therapeutic Hypnosis Association, upon acceptance use the letters M.C.H.T.A after their name
- ◆ Gain access to Professional Indemnity Insurance
- ◆ Benefit from inclusion on the CTHA website
- ◆ Apply for membership of The General Hypnotherapy Register
- ◆ Gain access to Yellow Pages Advertising through The General Hypnotherapy Register at excellent rates
- ◆ Gain additional certification from the Open College Network for entry into higher/formal education. (Upon successful completion of your submitted portfolio to the National Open College Network)

Course Fee – Contact Elestial Training

Methods of Payment

- A: Enclosing full payment by cheque made payable to Elestial Training UK Ltd. Payable at the time of application (if for any reason an application is refused all monies will be refunded in full).
- B: Deposit of £250 (non-returnable) payable at the time of your application, cheque made payable to Elestial Training UK Ltd. To be followed by final payment. All fees to be paid and cheques cleared 3 weeks before commencement (if for any reason your application is refused all monies will be refunded in full).

What the fees include:

- ◆ 16 days of tuition (1 weekend a month spread over 8 months (9.30a.m – 5.30 p.m.). Additional reading and research will be required to be undertaken at home.
- ◆ All printed course materials and CD recordings.
- ◆ Training Video containing hypnoanalysis sessions with real clients.
- ◆ 1 year support after the completion of your course.
- ◆ Open College Network registration fees, submission of your portfolio to the Open College Network, Elestial Training diploma examination.

Not included in the course fees are:

Accommodation
Travel to and from training facilities
Refreshments and Meals

We accept a wide range of credit cards. To pay by credit card or debit card, please complete the enclosed credit/debit card payment authorisation form and return it to us with your completed application form, or simply telephone us on 08707 5549766 or 029 20388837.



DISTANCE LEARNING

gHSc

**Introductory Level
VALIDATED TRAINING**

General Hypnotherapy Standards Council



This distance learning course is designed as an introductory to hypnotherapy.

Distance learning students are provided with the knowledge to set up and enter into hypnotherapy practice, but do not gain the opportunity to have their practical skills assessed.

All students successfully passing the final test paper are issued with The Elestial Training (Distance Learning) Diploma in Hypnotic Techniques for use in the clinical or therapeutic environment.

Course Fee – Contact Elestial Training

What the fees include:

- ◆ Distance Learning Study Guide
- ◆ Training Manuals
- ◆ Training Video/Guide containing hypnoanalysis sessions with real clients
- ◆ 7 CD's recordings containing relevant information.
- ◆ 3 Course Assignments
- ◆ Final Test Paper
- ◆ Free students support (during course and for 1 year upon successful completion)

Applications are made directly to Elestial Training by completing and returning the application form supplied. Distance learning students **MUST** enclose the full fee at the time of application, to avoid any delay in sending out your course materials.

Methods of Payment

A: Payment made in full by credit card or cheque made payable to Elestial Training UK Ltd. (For overseas students please add £35 for postage and packing) All course materials are dispatched upon cheque clearance.

We accept a wide range of Credit and Debit Cards.

To pay by credit card or debit card, please complete the enclosed credit/debit card payment authorisation form and return it to us with your completed application form, or simply telephone us on 08707 5549766 or 029 20388837.

Notice Distance Learning Students

If a later date you decide that you want your skills assessed, you may attend one of our 4-day practical training courses at a reduced rate (the cost of the distance learning course will be deducted from 4-day course fee). Upon successful assessment of your practical skills you will be invited to join The Clinical and Therapeutic Hypnosis Association and receive the Elestial Training Diploma in Advanced Hypnotic Techniques for use in the clinical or therapeutic environment.



Introducing Your Course Director Dr. Raymond S. Roberts.

I am a professional consultant hypnotherapist, a member of the hypnotherapy practitioners association (H.P.A.). A member of the International Hypnosis Organisation (I.H.O). A registered therapist within The General Hypnotherapy Register (G.H.R). Founder member of the Clinical and Therapeutic Hypnosis Association (E.M.C.T.H.A) and an instructor with and a Director of Elestial Training UK Ltd.

In 2001 I was awarded an honorary doctorate degree from the Society for Information, Protection and Education of Consumers (SIPEC- EUROPE) in recognition of my contribution to the spreading of knowledge and to scientific research. T.V. and Media Worldwide have covered my unique approach for the reduction of stress. I have also presented "Past Life" regressions on numerous radio broadcasts.

"My task is to encourage and support you and to act as your mentor throughout the course and after".



Introducing Your Course Administrator and Accreditation Officer: Maureen Roberts

Maureen, previously a highly valued member of staff for 10 years at The University of London, United Medical and Dental Schools (Guys' and St. Thomas' Hospital) and the University College London.

Maureen dealt with all matters relating to undergraduate student doctors, maintaining records, liaised with students, tutors, clinical advisors, consultants and medical professors.

In 1995 Maureen left guys' and St. Thomas' Hospital to become co-proprietor of the Holistic Health Centre in North Wales, re locating to Cardiff, South Wales in 1997 to establish Capital Hypnotherapy and then later Elestial Training UK Ltd. with Dr. Roberts. Maureen oversees the presentation of the courses and, when on the course will offer your support and advise on how to set up and run your own hypnotherapy practice.

How did Dr Roberts become involved in hypnosis?

"I discovered the therapeutic value of hypnosis as the age of 18 while visiting my dentist. The dentist used hypnosis with me to allow me to feel more relaxed and at ease during my treatment. This impressed me so much that since that day in 1980 hypnotism, hypnosis and hypnotherapy became my life's work, developing my own "rapid" high speed methods of inducing hypnosis designed to guide a person into the deepest state of hypnosis known as somnambulism within 1 to 2 minutes. These techniques I will demonstrate and teach you on the practical hypnotherapy training course".

Funding For Your Course

There are many organisations and charities that offer funding for vocational training courses. Here are the contact details of organisations that offer help and advise about funding your chosen course.

Leardirect. 0800 100 900 National Learning Advise Line - www.learndirect.co.uk

Education Grants Advisory Service (EGAS). 0207 254 6251 - www.egas-online.org.uk

Career Development Loans may be obtained from Barclays Bank, The Royal Bank of Scotland or The Co-op Bank. Please telephone The Department for Education and Skills, Training Loans Unit. 0800 585505 for an application pack.

For Students in Wales

National Council for Education and Training For Wales (ELWa), 01792 765800 – www.elwa-org.uk

The next step

Applications are made directly to the Elestial Training UK Ltd by completing and returning the application provided, the number of tuition spaces are limited, so early booking is recommended!

Please remember to enclose your full course fee/deposit (non-returnable/non-transferable). The balance (non-returnable/non-transferable) is to be paid and cheques cleared 3 weeks before the commencement of tuition.

Once we receive your completed application with deposit/full fee we will contact you confirming your place, start date and venue location. You will be issued with a student number, please use this number when contacting or corresponding with Elestial Training. All acceptances and continuation of studies are subject to clearance of funds which may take up to 28 days if funds have to be cleared and transferred through overseas banks.

Should your application be refused for any reason, any monies paid will of course be returned.



DON'T JUST TAKE OUR WORD FOR IT!

“ *The (4-day) course has been fantastic and the friendship, care and hospitality shown by Ray and Maureen has been tremendous. I have appreciated the way the course has been balanced between practical, theory and actual personal experience and I feel that my decision to do this course has been one to the best I have ever made. I look forward to staying in touch and thank you Ray and Maureen for the added confidence and sense of accomplishment and achievement I have gained. The interaction between Ray and Maureen and the whole group was so important in giving confidence and answering our needs.* ”

Stuart Wright

“ *Brilliant – Delivered in simple terms with an emphasis on practical applications. The opportunity to actually experience rapid induction's was of enormous benefit and instils confidence in my own ability to both induce patients and empathise with them.* ”

Dr. Rae Formston, Carmarthen (Dentist)

“ *EXCELLENT! There are sometimes in your life that are pivotal moments. This course has definitely been a pivotal moment for me. I've learnt that I really can help people make a positive change to their lives. It's an incredibly empower feeling to have. I would recommend that anyone interested in hypnosis take this course.* ”

David Laing

“ *A journey into the unknown. Entered with trepidation and uncertainty and on completing the course, I leave with excitement and an enthusiasm for a new business venture with unlimited possibilities. Both Ray and Maureen are very professional but approachable people. Thank you seems to be a crummy thing to say, but THANK YOU.* ”

Margo Hedman, Spain

“ *I found the course comprehensive and well presented. It was obvious that a great deal of thought and effort had gone into the compilation. I particularly found it useful that we were allowed to comment and ask questions at the time and not have to wait until the module was completed.*

I appreciated the time taken to explain to us (individually) anything we could not grasp at the time. At the end of my course I felt equipped to go out and start a new venture fully confident and enthused.

I will recommend the course to others who maybe interested. ”

Anne Wilson

“ *Great course. Made to feel so relaxed on the first day. Information and practical first class. Now I feel professional with knowledge to go with it. Thanks again Ray and Maureen 1st CLASS. Highly Recommended.* ”

Dale Underwood

DON'T JUST TAKE OUR WORD FOR IT!

“ I just had to write and tell you how much I enjoyed the course last week. I couldn't believe how fast the four days flew by. Thank you for all the time and effort you put into making it so enjoyable. As you can imagine upon my return everyone was eager to hear all about it and if I really could hypnotise someone! When I returned to work on Tuesday, I treated two members of staff that day! One who was taking her driving test and the other for fertility problems. I sent an email to health centres in my area, within 1 hour, half of the appointment times I have allocated for the next month have been booked. I also had a private referral from a GP. Thanks again. ”

Mrs Jan Wright (Behavioural Psychotherapist)

“ I would like to thank you for all the support and hospitality you showed me throughout the course. Of all the various courses I have attended I rate this course TOP of my list! I found Dr. Roberts' knowledge on hypnotherapy vast indeed. I was extremely surprised to find myself hypnotising people on the first day of the course. Everything needed to learn is provided for you, plus a lot more. If you are looking for a hypnotherapy course this has to be the course for you! ”

David Lewis (Reiki Master)

“ A very strong, informative and stimulating presentation from an excellent teacher, lots of detail, plenty of material to study with a great deal of follow-up materials when needed. Educational and entertaining a magic combination! ”

Alan Nixon (Producer)

“ Very enjoyable excellent course. Really obtainable targets/objectives set, supported with all relevant theory and more. Very hands on practically designed to ensure “real” learning in a very friendly, supportive and professional environment. Many Thanks. ”

Dr. Nigel Coombes (Headmaster)

“ The course is very well presented and because of this I found it very easy to understand, I never realised I could learn so much in such a short time. I'm leaving the course full of confidence; it was worth every penny! ”

Shaun Flannagan

“ I can't thank you both enough for giving me this great opportunity and teaching me such a rewarding profession. At the time I first enquired about the course I was really broke and searching for fulfilment and personal satisfaction. Hypnotherapy has opened so many doors for me on a personal level and I can't tell you how rewarding it feels when you can really make a difference in somebody else's life although I'm sure you know this feeling. Once again thank you for everything! After the course I was afraid to leave work and do things for myself, so I began with a tiny room in a salon and 5 months on I have opened my own Hypnotherapy Centre which is in the centre of town. I make's me feel proud to have achieved all this and it's all thanks to Elestial Training. ”

Ian Wallace

gHSc

**Practitioner Level
VALIDATED TRAINING**

General Hypnotherapy Standards Council

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**Introductory Level
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