



THE NATIONAL
COLLEGE
OF HYPNOSIS AND PSYCHOTHERAPY
EST. 1977

PROSPECTUS



THE NATIONAL
COLLEGE OF HYPNOSIS
AND PSYCHOTHERAPY

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The National College of Hypnosis and
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Company Number: 12521247

A WELCOME FROM THE PRINCIPAL



Stuart Cale
MA, ADHP(NC), HPD, PGCert,
FHEA, FNSTT(Hon), UKCP,
MBACP, CertSup(NC)

I am pleased to welcome you as principal of the college to our prospectus. Here you will get a flavour of who we are, what we do and why.

The college is the longest established hypnosis and psychotherapy training institute in the UK (founded in 1977) and is built on a solid foundation of educational and practical expertise.

Whilst we take our academic heritage seriously, we aim to create positive relationships and make our training enjoyable and personally rewarding; getting the balance of challenge and support right is my passion.

We welcome you as an individual adult learner, respecting your journey to our doors, welcoming your unique learning style and existing talents and helping you weave your place into our diverse professional family.

Everyone in the NCHP has a passion for the field, sharing a communal responsibility to help nurture the next generation of therapists, making mental well-being available as a human right and not a privilege, and furthering the profession.

We want you to graduate, prosper and flourish, enriching your own life and the lives of those you help.

Every new student matters to us, everyone matters to us, and I hope you choose to join us, share our philosophy and achieve your personal goals.

ABOUT THIS PROSPECTUS

As with everything we do, we designed this prospectus with you in mind; we have all taken this journey before you and have gathered vital information to help you plan.

More details can be found on our website at www.nchp.ac.uk

1

OUR MISSION

Why we do what we do and our aims as a college.

2

OUR APPROACH

What we teach and the way we teach it.

3

OUR ACCREDITATION

Accreditation gives you and your clients confidence.

4

OUR PATHWAYS

Design your study with our flexible pathways.

5

STUDENT EXPERIENCE

How we provide you with more than an education.

6

YOUR COLLEGE

The people who make up your student experience.

YOU ARE IN THE RIGHT PLACE

If you are looking for accredited training to become a registered psychotherapist or hypnotherapist, we can help you.

We have been training students since 1977 to the highest standard available, and our graduates are eligible to apply for registration with the UKCP and the CNHC.

We support and guide you in becoming a therapist, and we understand that process, academically, practically and personally, having made that journey ourselves.





1

OUR MISSION

- To train and equip therapists for the benefit of themselves and society.
- To achieve excellence in the interrelated areas of adult education, research and public service.
- To provide professional, ethical opportunities through our training courses.
- To contribute to psychotherapy as a discipline.
- To promote a philosophy of generosity and abundance.
- To take responsibility for engendering positive change in the community through mental health awareness.



“

*The purpose of
adult education is
to help them
learn, not to teach
them all you
know and thus
stop them from
learning.*

Carl Rogers

”

OUR MISSION IS:

YOUR FUTURE:

Here, we like to think we help bring about futures that might not have happened otherwise; we are about co-creation with you of your desired future and the changes you want to make. If you're here, you're probably already thinking about making a change of career or lifestyle, or maybe you want to help others make their change.

HELPING:

There is a growing public need for access to help with emotional, thought, or behavioural issues; people face challenges and are increasingly willing to talk about their challenges and work with a therapist to resolve them.

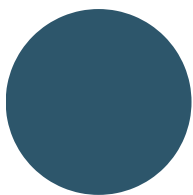
INTEGRITY:

Finding help can be an issue for potential clients; increasingly, they turn to registers and online directories, which often require members to be recognised by a professional body. Training with us makes you eligible to apply for registration with the Complementary and Natural Healthcare Council (CNHC) and accreditation with the United Kingdom Council for Psychotherapy (UKCP).



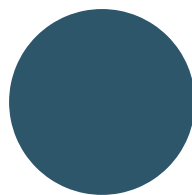
PASSION LED US HERE

OUR AIMS ARE:



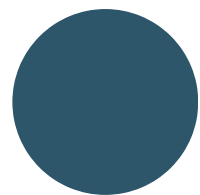
TRAINING THERAPISTS

We believe in maintaining a caring, developmental and mutually supportive student community which seeks to expand knowledge and human understanding both individually and collectively.



ACHIEVING EXCELLENCE

We do this by imparting to students a thorough knowledge of theory and skills in integrative hypnosis and psychotherapy and enabling them to establish a successful and ethical therapy practice.



ENGENDERING POSITIVE CHANGE



WHY TRAIN WITH US?

Is Therapy the Right Career for You?

In our profession, the main cost of business is self-improvement. We offer professional staged training with both achievement and career milestones.

We understand this journey because we made it ourselves, so it is safe, supported and often fun while respecting your values and aspirations.

Our college has a purpose; we're individuals, but also we're part of something bigger, helping to make a positive change.

Whether you hope to work in the public or private sector, or some combination of the two, you will be trained to the high standards which typify our graduates.

Your happiness and wellbeing matter just as much to us as your education. We believe in creating an experience that is challenging and supportive for you, helping you develop personally and professionally from enrollment through to graduation and beyond.

The qualities we bring into our therapeutic practices (listening, understanding, empowering and encouraging personal responsibility) are the same qualities that we bring into our approach to your student experience.

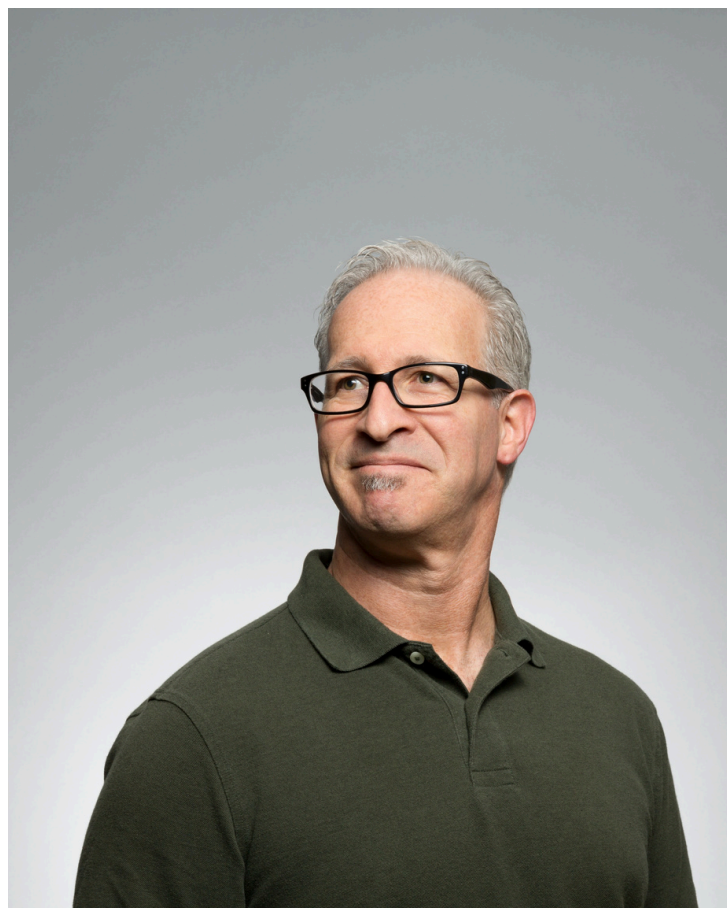
We understand and nurture diversity, believing that every student brings unique qualities that add to the college's richness; we work with you to develop these qualities throughout your time with us.



2

OUR APPROACH

- We give you a thorough knowledge of current and traditional theory and practical skills in integrative hypnosis and psychotherapy.
- We offer you a career pathway from the beginning to CNHC and UKCP registration and accreditation.
- We provide training in establishing a successful and ethical therapy practice.
- We provide you with a programme of continuing professional development.
- We provide an opportunity for you to attain professional status alongside those who have achieved a similar standard.



“

*Learning is the
discovery that
something is
possible*

”

Fritz Perls

OUR APPROACH IS:

INTEGRATIVE:

As integrative therapists, we respect all legitimate psychotherapeutic models and follow the principle of fitting the therapy to the individual rather than the other way around. We believe that adopting a single model can limit flexibility and effectiveness. You will study a wide range of therapy methods.

SOLUTION- FOCUSED:

As a member of The College of Outcome Oriented and Hypno-Psychotherapies within UKCP, our training methods focus on creating flexible, practical solutions based on the individual's desired outcome from the therapeutic process.

PERSON- CENTRED:

National College graduates are trained on the principle that the client and therapist work together in an equal and collaborative therapeutic relationship. The client's wishes are paramount, and their truth is always sovereign.





OUR APPROACH TO THERAPY AND TEACHING

How we teach comes from our own experience of learning.



What sets us apart is the quality of our teaching; we are not therapists who teach; we are therapists who are also teachers.

We understand our responsibility to create the best environment for you to learn and have refined it over decades spent with adult learners who are time-poor but rich in lived experience, often returning to study with us after a career or family break.

We focus on inclusion and welcoming learners who bring different practical and academic skill sets into the college. We balance the need to learn both the skills and the theory that make an effective therapist.

Inspired by Carl Rogers' pedagogical approach, our teaching philosophy integrates person-centred theory in an equal, collaborative alliance between tutors and students, emphasising personal meaning.

We understand that many of our students have busy lives outside of their studies, and we have designed our training to accommodate this.

Training with us is part-time, combining weekend attendance for practical tuition and lectures at one of the training venues with a home study programme designed around your family and work commitments.

While meeting the educational standards required to join a pathway, we understand that many applicants may not have had the opportunity for many years to engage in study and need a gradual reintroduction to a learning environment.

With this in mind, our pathways start with practical instruction, the academic content of the pathway being introduced gradually.

WHAT WE TEACH:

We offer four different pathways through the college so that you can decide how you want to study based on your career or academic goals.



PASSION LED US HERE

A pathway from beginning to eligibility to apply for CNHC registration as a hypnotherapist.

A pathway from beginning to UKCP accreditation as a Hypno-psychotherapeutic counsellor.

A pathway from beginning to UKCP accreditation as a Hypno-psychotherapist.

A pathway for established hypnotherapists to achieve UKCP registration and accreditation as a Hypno-psychotherapist.



HYPNOTHERAPY

Hypnosis is a skilled communication aimed at directing a person's imagination in a way that helps elicit changes in perceptions, sensations, feelings, thoughts and behaviours.

Hypnotherapy is the clinical application of hypnosis to assist clients in resolving problems arising from emotional, behavioural or thought-based issues; it can also be used to assist them in maximising their potential.

In a typical hypnotherapy session, the hypnotherapist and client will discuss the intended alterations or therapeutic goals desired, and the therapist will work with the client to achieve those aims.

Hypnotherapy has developed a system of voluntary self-regulation through the Complementary and Natural Healthcare Council (CNHC), gaining regulation in 2010; our hypnotherapists are trained to a minimum of level 4 NVQ equivalent standard.

Graduates of our hypnotherapist pathway can apply to register with the CNHC and work with the public.

Hypnotherapists, however, are not trained to deal with deep psychological issues or psychiatric illnesses.

OUR APPROACH

The college's approach is that therapy should be adapted to fit the client rather than the client being forced to adapt to therapy. Our approach to hypnotherapy is person-centred, focusing on the relationship between client and therapist to fully engage with the client's unconscious resources and utilise them to engender positive change.



HYPNO- PSYCHOTHERAPEUTIC COUNSELLING

Psychotherapeutic counselling is different from traditional counselling in that the in-depth therapeutic relationship created between client and therapist is emphasised as central and key to the process.

Psychotherapeutic counselling tends to be longer-term than traditional counselling, not based exclusively on support and not primarily solution-focused. It is a form of depth psychotherapy in which the therapist helps the client explore themselves toward a greater understanding of, and insight into, the authentic self.

Psychotherapeutic counselling can include attachment and relational issues and fosters a deep understanding of emotions by considering childhood and the roots of beliefs, personality and identity, seeking causes rather than focusing on symptom relief.



OUR APPROACH

We teach in a similar integrative way to all our pathways, covering a range of therapeutic approaches in a holistic context (along with full training in hypnotherapy), taking into account the client's mind, body and soul in the context of their lived experience.

The training process helps you to also understand yourself at a deeper level while exploring how to create and support the therapeutic relationship. Your qualities as a therapist in your interaction with the client are essential to both the process and the outcome.



HYPNO- PSYCHOTHERAPY

Hypno-psychotherapy is the clinical application of hypnosis to enhance psychotherapeutic interventions. Our Hypno-psychotherapists are trained at master's level and accredited by UKCP. Students are trained to deal with deep psychological issues and psychiatric illnesses.

Unlike many comparable therapies, Hypno-psychotherapy measures its history beyond years or decades; hypnosis in a clinical setting dates back to the 18th and 19th centuries. We will teach you to use clinical hypnosis as an addition to your psychotherapy training, enabling you to work more fully with your clients and their unconscious processes and deliver therapeutic change more effectively.



OUR APPROACH

All our students are trained in the integrative tradition of Hypno-psychotherapy. Being trained in this integrative way enables you to combine different psychotherapeutic therapeutic approaches to tailor a unique fit for your client.

We find that the integrative approach is more effective, respects the diversity of clients, allows us to connect with them more fully and offer them an outcome aligned with their belief system and sense of self.

That diversity in your clinical toolbox doesn't mean your training is less thorough; you will emerge well-versed, competent, confident and able to offer the right approach to your clients, no matter what they might bring.



3 OUR MEMBERSHIP AND ACCREDITATION

- UK Council for Psychotherapy (UKCP)
- The Complementary and Natural Healthcare Council (CNHC)
- European Association for Hypnosis-Psychotherapy
- The National Council for Hypnotherapy
- Bath Spa University



“

*Until you are
willing to grow
confused about
what you already
know, what you
know will never
grow bigger,
better and more
useful*

Milton Erickson

”

OUR ACCREDITATION BRINGS: CONFIDENCE:

Our content is created by fellows of The Higher Education Academy and overseen by the UKCP review process, guaranteeing you the highest level of accreditation in the sector.

Training with us leads to you being eligible to apply for CNHC registration, and we accredit with the UKCP (of which we are founder members), which gives clients the assurance they need when choosing someone to help.

PROFESSIONAL RECOGNITION:

Our UKCP registrants can join the panels of major health insurers such as BUPA, AXA and AVIVA.

OPPORTUNITY:

Whether you hope to work in the public or private sector, or some combination of the two, you will be trained to the high standards which typify our graduates.

Our accreditations are amongst the most well-respected within our profession.



PROUD OF OUR ACCREDITATION



We can equip you with the essential credentials in the profession, this ability has been hard-won, and we protect it for the benefit of ourselves, our students and our alumni.

Our policy has been to seek only meaningful external accreditation for our training. We have selected accrediting bodies and mapped our courses onto their relevant regulatory frameworks to ensure you graduate with precisely what you need to succeed.

Whatever the future holds with regard to regulation and registration, our external accreditation is invaluable to our graduates. Our policy will remain that we only align ourselves alongside organisations with meaningful, verifiable accreditation powers reflected in the profession and the marketplace.

UNITED KINGDOM COUNCIL FOR PSYCHOTHERAPY (UKCP)

We believe that UKCP registration and accreditation is the gold standard in psychotherapy, so it's the key endorsement in the NCHP portfolio. The United Kingdom Council for Psychotherapy (UKCP), formerly the United Kingdom Standing Conference for Psychotherapy, was formed in 1989 to equip the profession of psychotherapy with agreed common training standards and ethical requirements.

COMPLEMENTARY AND NATURAL HEALTHCARE COUNCIL (CNHC)

The CNHC is the UK voluntary regulator for complementary healthcare practitioners established with government support to protect the public by providing a voluntary register of complementary therapists. The CNHC's register has been approved as an Accredited Register by the Professional Standards Authority for Health and Social Care and meets their standards. Our graduates of Stage 2 are eligible to apply for registration with the CNHC.

EUROPEAN ASSOCIATION FOR HYPNO-PSYCHOTHERAPY

The European Association for Hypno Psychotherapy (EAHP) is a constituent member of the European Association for Psychotherapy (EAP). The EAP represents some 200 psychotherapy organisations from 36 countries throughout Europe, including the UK. In terms of individuals, perhaps 100,000 psychotherapists. The EAP's award, The European Certificate of Psychotherapy (ECP), intends to set the standard for mutual recognition of psychotherapists in Europe.

THE NATIONAL COUNCIL FOR HYPNOTHERAPY

The National Council for Hypnotherapy holds one of the largest registers of independent hypnotherapists in the United Kingdom and strives to maintain the highest standards among its members. Completing our Certificate in Hypno-Psychotherapy (CHP) entitles you to register with the NCH.

UNIVERSITY ACCESS

We have a direct accreditation of prior learning (APL) arrangement with Bath Spa University on their master's programme. Our graduates with the Advanced Diploma in Hypno-Psychotherapy can apply for an MA in Counselling and Psychotherapy Practice with 60 APL Credits. This leaves only four modules and a dissertation as the University's requirement for students to attain the MA.

The UKCP recognises National College training as a Master's degree level of training (level 7) which provides our graduates with a sound basis for approaching universities and studying at master's level or above.

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OUR PATHWAYS

- Pathway to CNHC Hypnotherapist
- Pathway to UKCP Hypno-Psychotherapeutic Counsellor
- Pathway to UKCP Hypno-Psychotherapist
- Pathway to UKCP for Hypnotherapists



“

*We get together
on the basis of our
similarities, we
grow on the basis
of our differences*

”

Virginia Satir

OUR PATHWAYS OFFER:

FLEXIBILITY:

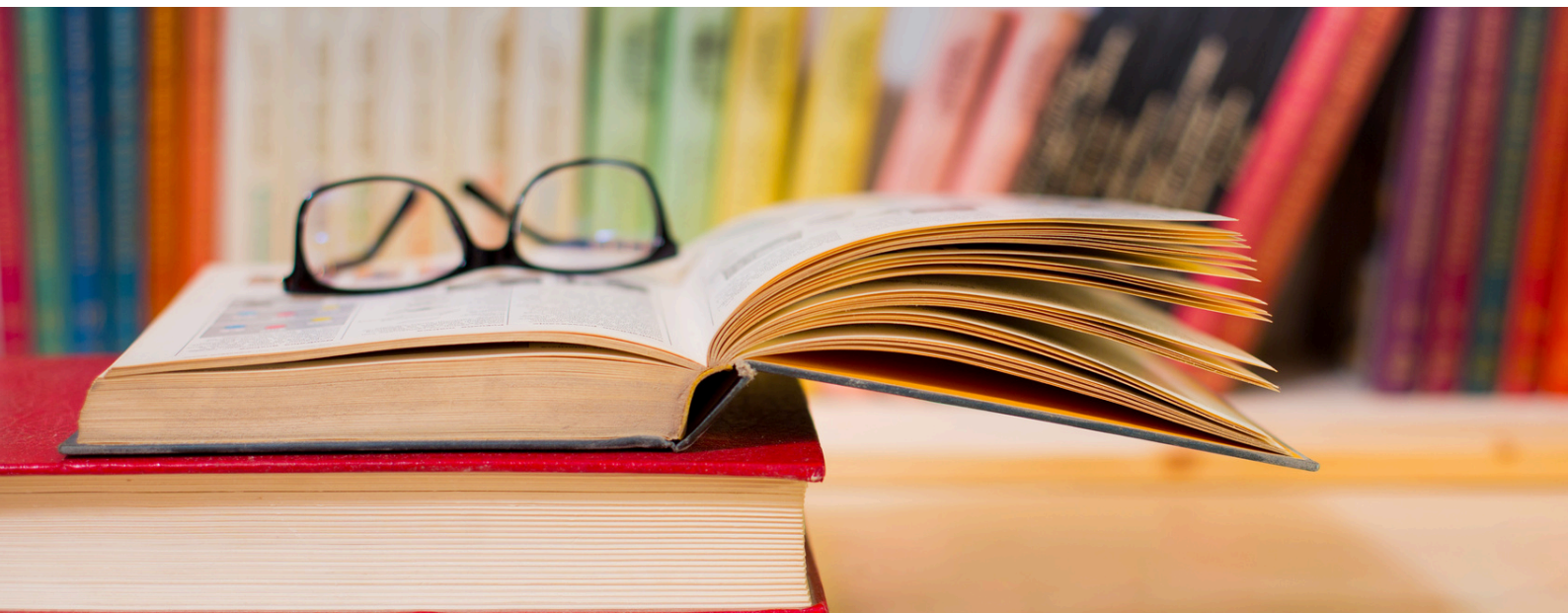
Our four pathways are separate study routes divided into stages on those pathways. Each pathway will require you to study particular stages, and we offer those stages in all our teaching locations starting at various times of the year to make your study flexible.

ACCREDITATION:

The value of your accreditation is aligned with our values; your core academic team holds a HEA fellowship so that our educational framework is aligned with the UK Professional Standards Framework (UKPSF), which has been developed as a standards framework for the higher education sector.

SUPPORT:

We have aligned our teaching and support to respect diversity in our students and the challenges they may face if they change careers; flexibility is built into our pathways to smooth your progress.



OUR STUDY PATHWAYS:



HYPNOTHERAPIST PATHWAY (CNHC)

A flexible pathway from beginning to eligibility to apply for CNHC registration as a hypnotherapist.



HYPNO-PSYCHOTHERAPEUTIC COUNSELLOR PATHWAY (UKCP)

A flexible pathway to UKCP accreditation as a Hypno-psychotherapeutic counsellor.



HYPNO-PSYCHOTHERAPIST PATHWAY (UKCP)

A flexible pathway to UKCP accreditation as a Hypno-psychotherapist.

OUR STUDY PATHWAYS:



PATHWAY TO UKCP FOR EXISTING HYPNOTHERAPISTS

A flexible pathway for existing hypnotherapists with an HPD-level qualification to Hypno-psychotherapeutic counsellor or Hypno-psychotherapist (UKCP).

WELCOME





PATHWAY TO CNHC HYPNOTHERAPIST

Our hypnotherapist pathway provides you with all you need to qualify and be able to apply for registration as a hypnotherapist with The Complementary and Natural Healthcare Council and set up your practice.

Our study pathways are broken up into stages; the stages you study will depend on your chosen pathway. We are flexible in that you can change your pathway if you prefer, or you can carry on studying beyond your qualification as a hypnotherapist if you want to.

On this pathway, you will need to complete two stages, Stage 1, which is five months and Stage 2, which is eight months; we provide course materials to you in electronic format, and those will be supplemented by your own more comprehensive reading and study.

Therefore, you can be generating revenue in no more than thirteen months from starting your pathway.

THE ESSENTIALS

Stages you study:

- Stage 1 through to the end of Stage 2

Length of study:

- 13 months part-time

Award:

- CHP(NC)

What Next?

- Set up in practice as a hypnotherapist and register with CNHC or gain entry onto stage 3 to continue studying



PATHWAY TO UKCP HYPNO- PSYCHOTHERAPEUTIC COUNSELLOR

This pathway is the second-highest level of qualification we offer and provides you with all you need to qualify and register as a Hypno-psychotherapeutic counsellor with The United Kingdom Council for Psychotherapy and set up your practice.

Our study pathways are broken up into stages; the stages you study will depend on your chosen pathway. On this pathway, you will need to complete four stages, Stage 1 which is five months; stage 2, which is eight months; stage 3, which is variable (usually up to 12 months) and Stage 4, which is a variable length of time; the whole pathway can not be less than three years.



THE ESSENTIALS

Stages you study:

- Stage 1 through to the end of Stage 4

Length of study:

- Three years part-time

Award:

- CHPC(NC)
- DHPC(NC)
- ADHPC(NC)

What Next?

- Set up in practice as a Hypno-psychotherapeutic counsellor and register with CNHC and UKCP



PATHWAY TO UKCP HYPNO- PSYCHOTHERAPIST

The Hypno-psychotherapist pathway is the highest level of qualification we offer and provides you with all you need to qualify and register as a Hypno-psychotherapist with The United Kingdom Council for Psychotherapy and set up your practice.

Our study pathways are broken up into stages; the stages you study will depend on your chosen pathway. On this pathway, you will need to complete four stages, Stage 1, which is five months; stage 2, which is eight months; stage 3, which is variable (usually up to 12 months) and Stage 4, which is a variable length of time; the whole pathway can not be less than four years.

THE ESSENTIALS

Stages you study:

- Stage 1 through to the end of Stage 4

Length of study:

- Four years part-time

Award:

- CHP(NC)
- DHP(NC)
- ADHP(NC)

What Next?

- Set up in practice as a Hypno-psychotherapist and register with CNHC and UKCP



PATHWAY TO UKCP FOR HYPNOTHERAPISTS

This pathway provides you with all you need to qualify and register as a Hypno-psychotherapeutic counsellor or Hypno-psychotherapist with The UKCP if you are already a hypnotherapist. You can apply for this pathway if you have an HPD-level qualification as a hypnotherapist. You may already be in practice; this pathway converts that qualification into full UKCP accreditation.

On this pathway, you will need to complete only two stages, Stage 3, which is usually up to 12 months and Stage 4, which is a variable length of time; the whole pathway is usually not less than three years.

Joining this pathway requires you to decide whether you will study Stage 3 and Stage 4 on Hypno-psychotherapeutic counsellors or Stage 3 and Stage 4 on the path for Hypno-psychotherapists.

THE ESSENTIALS

Stages you study:

- Stage 3 through to the end of Stage 4

Length of study:

- Three years part-time (can be less)

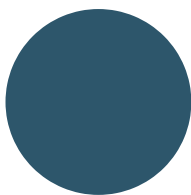
Award:

- DHPC(NC) or DHP(NC) and ADHPC(NC) or ADHP(NC)

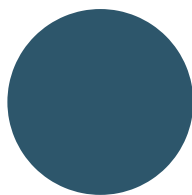
What Next?

- Set up in practice as a Hypno-psychotherapeutic counsellor or Hypno-psychotherapist and register with UKCP

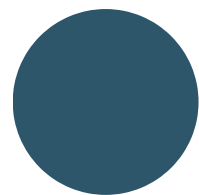
THE STAGES ON OUR PATHWAYS:



INSPIRE



MOTIVATE



EDUCATE

The four pathways are separate study routes divided up into stages. Each pathway will require you to study particular stages, and we offer those stages in all our teaching locations starting at various times of the year to make your study flexible. Complete all the stages to complete your pathway.

- Stage 1 is five weekends, over five months
- Stage 2 is eight weekends, over eight months
- Stage 3 is 5 weekends, plus a research methods module and clinical hours
- Stage 4 is the variable period from the end of Stage 3 to UKCP admission



STAGE 1

The aim of Stage 1 is to give you knowledge of hypnotherapy and train you to be efficient in inducing the hypnotic state and managing it. The emphasis is on practical training with relevant theory. The course involves 70 hours of attendance at one of our tuition venues spread over five weekends at monthly intervals, combining both theoretical and practical elements.

During Stage 1, you are taught about the hypnotic relationship, how to create, utilise and manage the hypnotic state and how to work with hypnosis therapeutically both practically and creatively.

Requirements:

Attendance

- 70 hrs over five weekends

Assessment

- 1x1500 word essay
- Practical case study with a colleague
- Self-reflective journal
- Continuous assessment by the tutor.

Modules taught in Stage 1:

- Understanding, Creating and Using Hypnosis
- The Art and Science of Hypnosis
- Person-Centred Hypnotherapy
- Creative Applications of Hypnosis
- Practical Applications of Hypnosis



STAGE 2

This is the second stage of our training where you obtain your certification and which is required to progress to Stage 3, the diploma stage. This stage is comprehensive training based on the core principles of person-centred therapy. Research has consistently shown that the therapeutic relationship is key to successful outcomes, and we believe it is fundamental to the change process.

During this stage, the emphasis is placed upon applying the theory covered in the lectures and the practical skills acquired.

Requirements:

Attendance

- 112 hrs over eight weekends
- 7 hours client case study
- At least 4 hours group supervision
- 4 hours triad workgroups

Assessment

- 1x3000 word essays
- Ethics paper
- 7 session case study
- Case conceptualisation and treatment planning
- 1x triad practical assessments

Modules taught in Stage 2:

- Person-Centred Theory and Practice
- Ethical Practice
- Ericksonian Hypno-Psychotherapy
- Solution-Focused and Ego-State Work
- Regression and Inner Child
- Mind-Body Therapy
- Working with Anxiety and Depression
- OCD and Consolidation



STAGE 3

This is the third stage of our training which builds upon the previous two stages and furthers your knowledge and ethical practice of Hypno-psychotherapy and Hypno-psychotherapeutic counselling.

The addition of depth psychology at this stage encourages competence and the confidence to work within the complexities of practice.

This stage covers the thinking and models that have shaped modern psychotherapy, with a focus on the changing dynamics of the therapeutic relationship and practical application.

Requirements:

Attendance

- 107 hrs over six modules
- 4 hours triad work groups

Assessment

- 1x3000 word essay
- 2x triad practical assessments
- 100 client contact hours
- Research methods assessments
- 100 clinical hours
- Supervisor's report

Modules taught in Stage 3:

- Psychodynamics (Freudian and Jungian Approaches)
- Humanistic and Gestalt
- Psychodynamics (Neo-Freudian Approaches)
- Behavioural and Cognitive Behavioural Approaches
- Transactional Analysis
- Research Methods



STAGE 4

Stage 4 leads to the Advanced Diploma in Hypno-Psychotherapy or Hypno-Psychotherapeutic Counselling, the post-nominals ADHP(NC) or ADHPC(NC), and includes all the required elements for registration with the UKCP as a Hypno-psychotherapist or Hypno-psychotherapeutic counsellor.

Stage 4 is available to students who have completed Stage 3 or applicants with a UKCP recognised Diploma in Hypno-Psychotherapy who have not completed the requirements for UKCP registration.

You will study compulsory online modules and attend some additional classroom hours, which you can choose yourself. For Hypno-psychotherapy, there is a requirement for self-development activity to be logged and, for both options, some hours of personal therapy.

Key Points for Stage 4:

- Clinical hours with clients and clinical supervision
- Three blended learning modules
- Safeguarding self-study module
- 50 hours of additional classroom hours (optional modules)
- Self-development hours and personal therapy

Duration:

- Four years from start of training - Hypno-Psychotherapists
- Three years from start of training - Hypno-Psychotherapeutic Counsellors

Mode of Study:

- Time with supervisor
- Classroom hours
- Online classrooms
- Self-directed

Assessment:

- 10-12000 word dissertation (for psychotherapy pathway)
- Keystone assessments for blended learning modules
- Self-reflexive projects
- Portfolio of total hours, supervisor's report, viva voce case presentation

ENTRY REQUIREMENTS

The UKCP require a “post-graduate level of competence at the outset of training”, so we need to make sure that all students are capable of working to that level. This can be demonstrated in many ways, the most obvious is having a degree or a degree-level qualification, but if you do not have one, admission to one of our pathways is still possible.



NO FORMAL FIRST DEGREE?

We recognise that many people without a formal first degree make excellent therapists in a profession where life experience is considered a definite asset. Therefore, the National College operates a system of recognising equivalent professional experience (APEL) and qualifications if you don't have a first degree.

INTERVIEWS

All applicants are interviewed by telephone or video link to assess suitability; all interviews are conducted with sensitivity to inclusivity and an eye on our social responsibility as a training provider. Our interviewers can determine your ability to study at the required level and suitability for the training; references may be required subject to the interview.

ACCREDITATION OF PRIOR LEARNING

Those who have qualifications in hypnotherapy, psychotherapy, counselling or psychology may be entitled to APL. This is considered on an individual basis and is dependent on the current rules of the Hypno-psychotherapy section of UKCP using established professional and QAA guidelines; if you think you may qualify, please get in touch with us to discuss.

WHERE WE TEACH:

LONDON:

- The Leonardo Royal St. Paul's, 10 Godliman Street, EC4V 5AJ

MANCHESTER:

- The Bridgewater Suite, The Leonardo, 56 Great Bridgewater St, Manchester M1 5LE





COURSE DATES

Depending on location, we offer multiple start dates for stages throughout the year, so please see our website at www.nchp.ac.uk for our up-to-date stage dates.

COURSE FEES

We offer the option of paying for your pathway in staged monthly payments with a one month deposit to secure your place. Because we limit our numbers in class and because of demand, this deposit system allows us to plan our intake accordingly and not deprive potential students of places.

For current pathway costs please see the website. From the end of Stage 2, you will be able to generate income. Prices for those already qualified as hypnotherapists are different; again, please see the website for the current rates.

Payment covers every taught element in stages 1 to 3. Stage 4 costs (and supervision on Stage 3) are variable and can be offset against earnings. Stage 4 contains a requirement for personal therapy and includes optionality in the additional classroom hours you will choose to make up your UKCP requirement.

YOUR EARNINGS

The ability to generate income during your study has been built into our pathways to make them more affordable. We try to minimise the financial demand on you whilst still delivering a class-leading educational package. Our UKCP registration and accreditation routes represent the best value in the marketplace. For a more detailed breakdown of our fees, please visit our website at www.nchp.ac.uk.



5

STUDENT EXPERIENCE

- Nurturing your individuality
- Supporting you on your student journey
- Encouraging you to have your say
- Nurturing your talents
- Empowering you to shape your career
- Being alongside you in your studies and beyond



“

*Peoples' beliefs
about their
abilities have a
profound effect
on their abilities*

”

Albert Bandura

YOUR EXPERIENCE:

SUPPORTED:

We understand that studying can be challenging, particularly when you may also be trying to juggle a job and a family. Our director of student experience acts as an addition to the exceptional academic support you will receive from your tutors and help you achieve your study goals.

SIGNIFICANT:

We encourage a feedback loop; we want to hear from you and provide you with individual, confidential and constructive feedback on your progress on the pathway. We encourage you at every step to have your say and are always here to listen.

INDIVIDUAL:

As therapists ourselves, we know the qualities that make great therapists; we are not here to mould you into a particular way of practising; we are here to nurture and help you find your individual qualities and become the best therapist you can be.





Carlie Fairbrother

Director of Student
Experience

YOUR DIRECTOR OF STUDENT EXPERIENCE

My name is Carlie, and I am the Director of Student Experience at The National College of Hypnosis and Psychotherapy; I'm delighted to welcome you here. I hope your experience with us is rewarding and enjoyable. As a college, we understand that enrolling on any course is a big decision, and your reasons for arriving here are likely to be varied.

Here at the college, we all made the change into a career in therapy. We are all advocates of this rewarding, inspiring and stimulating work with life-long challenges, learning and personal development.

My role as director of the student experience is to offer you the support you need to get the most out of your experience with us. We have all made this journey, and our tutors have seen many students grow and flourish on our pathways.

Our students are the ones who create the college, and we take our role of supporting you through your journey very seriously. I welcome your feedback and am always happy to engage in conversation about ways to improve how our pathways and how our services are delivered.

I aim to understand your circumstances and help ensure that you feel supported in the best way we can; this will look different for everyone. I offer an accepting, empathetic open-door policy, and I am here to listen to any of your concerns and help you find the solutions to make the most of your time with us.

I look forward to meeting you.

HOW WE SUPPORT YOU:



WE ARE HERE TO HELP

We are continuously looking to help you get the best out of your studies and your experience with us. We recognise the diversity of the lived experience of our students, and our approach reflects this.

A therapist's greatest tool is themselves, and so your chosen pathway is delivered and assessed in a way that reflects your skills and personality. We want you to be the best therapist you can be, and we will support you in the best way we can.

PERSONAL SUPPORT

- Study designed to fit around your existing lifestyle
- Flexible deadlines
- Access to tutors and our director of student experience to discuss personal circumstances which may affect your studies
- Feedback loops to ensure we are continually improving our services and you can develop in the best way for you

ACADEMIC SUPPORT

- Flexible assessment based on your academic preferences
- Blended learning methods to suit a range of learning styles
- Additional support available for academic writing
- Continual feedback from tutors

PROFESSIONAL SUPPORT

- Practice building guidance and advice
- Reduced rate CPD opportunities
- Opportunity to present your research and studies within the classroom environment and at our annual conference
- Writing and blogging opportunities through the NSTT

A LETTER FROM US TO YOU

Dear potential student,

First and foremost, let us congratulate you on that spark that has led you to decide that you want to embark on a new career, further your studies, or develop a personal interest.

We know that the decision is not one you take lightly, and we want you to know that neither do we.

We hope that you have found what you are looking for within these pages, but if you find that you still have a burning question or want to talk to us more, we would love to hear from you.

Education and therapy are our passions. We would love to give you more information, help you decide which would be the best pathway for you or answer any questions about how your circumstances may affect your studies.

If you feel ready to take the next step, you can head over to our website to fill in an application form and start your journey with us. You will also find more information on our website, which will help.

We look forward to welcoming you into the NCHP family and guiding you on your path to your academic and career goals.

We look forward to meeting you,

The NCHP team.

“

*One can choose
to go back toward
safety or forward
toward growth.
Growth must be
chosen again and
again, fear must
be overcome
again and again.*

”

Abraham Maslow



THE NATIONAL
COLLEGE
OF HYPNOSIS AND PSYCHOTHERAPY
EST. 1977

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