



THE NATIONAL
COLLEGE
OF HYPNOSIS AND PSYCHOTHERAPY
EST. 1977

PROSPECTUS
2020



THE NATIONAL
COLLEGE OF HYPNOSIS
AND PSYCHOTHERAPY

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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 strong foundation of both educational and practical expertise.

Whilst we take our academic heritage seriously, we also aim to create positive relationships and make our training enjoyable and personally rewarding, getting the balance of challenge and support just right is my personal 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 own 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, to make mental wellbeing available as a human right and not a privilege and to further the profession as a whole.

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 that 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 we have gathered key information here to help you plan.

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

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OUR MISSION

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

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What we teach and the way we teach it

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The accreditation to give you and your clients confidence

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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 we accredit our graduates with the UKCP and the CNHC.

We support and guide you in your journey to become 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 ethical professional opportunity through our training courses
- To contribute to psychotherapy as a discipline
- To promote a philosophy of generosity and abundance
- To take responsibility to engender 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 that you want to make. If you're here you're probably already thinking about making a change, of career, 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 find themselves facing challenges and are increasingly willing to talk about their challenges and work with a therapist to resolve them.

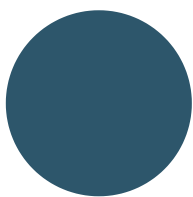
INTEGRITY

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. We can accredit you with the Complementary and Natural Healthcare Council (CNHC) and the United Kingdom Council for Psychotherapy (UKCP).



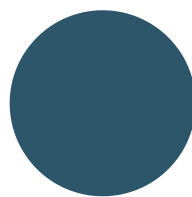
PASSION LED US HERE

OUR AIMS ARE:



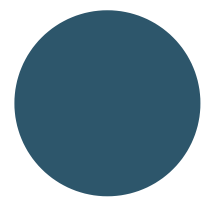
TRAINING THERAPISTS

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 which is both challenging and supportive for you, helping you to develop personally and professionally from the point of enrollment through to graduation and beyond.

The qualities which 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 as a whole .

We understand and nurture diversity, believing that every student brings unique qualities which add to the richness of the college, 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 beginning to CNHC and UKCP registration and accreditation
- We help you establish 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 to adopt a single model can limit flexibility and effectiveness and so 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, effective solutions based upon 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 in which the client's wishes are paramount, and their individual truth is always sovereign.





OUR APPROACH TO THERAPY AND TEACHING

How we teach came from our own personal 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 career or family breaks.

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

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

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

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

We understand that many applicants whilst meeting the educational standards required to join a pathway may not have had the opportunity for many years to engage in study and require 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 five different pathways through the college so that you can decide how you want to study based on your individual career or academic goals



PASSION LED US HERE

A pathway from beginning to CNHC registration as a hypnotherapist.

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

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

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

A pathway for existing qualified psychotherapists and counsellors to add hypnotherapy skills to their skill set and their therapy practice.



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 to resolve 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, and as such our hypnotherapists are trained to a minimum of level 4 NVQ equivalent standard.

Graduates of our hypnotherapist pathway can register with the CNHC and work with the public. Hypnotherapists however are not trained to deal with deep psychological issues or psychiatric illness.



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 the therapy. Our approach to hypnotherapy is person-centred, with a focus on the relationship between client and therapist in order 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 by 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 to explore themselves with a view to greater understanding of, and insight into, the real 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 illness.

Unlike most comparable therapies, hypno-psychotherapy measures its history beyond years or decades, the use of 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.

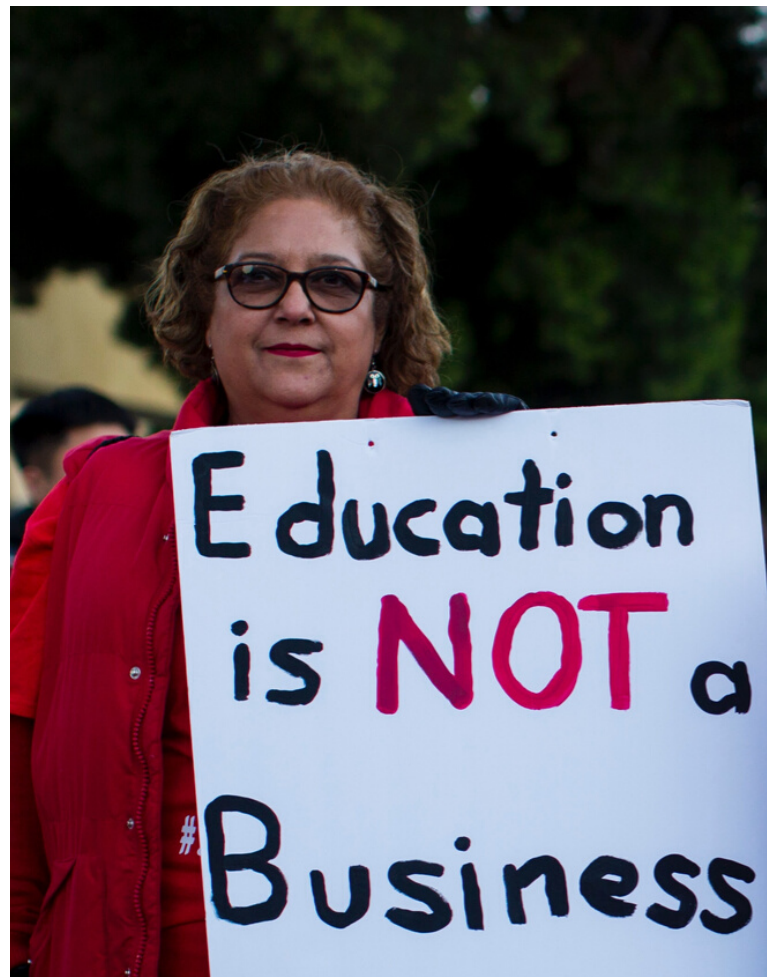
We find that the integrative approach is more effective and respects the diversity of clients and allows you to connect with them more fully and offer them an outcome aligned with their belief system and sense of self.

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



3 OUR ACCREDITATION

- UK Council for Psychotherapy (UKCP)
- The Complementary and Natural Healthcare Council (CNHC)
- British Association for Counselling and Psychotherapy (BACP)
- 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.

We accredit you with both CNHC and 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 and gain valuable additional registration with The British Association for Counselling and Psychotherapy (BACP).

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 among the highest and most well-respected within our profession.



PROUD OF OUR ACCREDITATION



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

Without statutory registration for our profession, 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 that you graduate with exactly 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 with organisations which have meaningful, verifiable accreditation powers that reflect in the profession and the market place.

UNITED KINGDOM COUNCIL FOR PSYCHOTHERAPY (UKCP)

We believe that UKCP registration and accreditation is the gold standard in psychotherapy, which is why 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 with the aim of equipping the profession of psychotherapy with agreed common training standards and ethical requirements.

BRITISH ASSOCIATION FOR COUNSELLING AND PSYCHOTHERAPY (BACP)

Our full UKCP graduates are able to take the Certificate of Proficiency to become members of the British Association for Counselling and Psychotherapy (MBACP). This recognition provides access to another of the most widely recognised membership bodies in the world of counselling and psychotherapy as well as visibility on the BACP searchable online register which is widely consulted by prospective clients.

COMPLEMENTARY AND NATURAL HEALTHCARE COUNCIL (CNHC)

The CNHC is the UK voluntary regulator for complementary healthcare practitioners that was 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 as meeting their standards.

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) – is intended 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. Completion of 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.

National College training is recognised by the UKCP as a Master's degree level of training (level 7) and as such provides our graduates with a good basis on which to approach universities, with a view to 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-Pscyhotherapist
- Pathway to UKCP for Hypnotherapists
- Pathway to Hypnotherapy for Counsellors and Psychotherapists



“

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

”

Virginia Satir

OUR PATHWAYS OFFER:

FLEXIBILITY

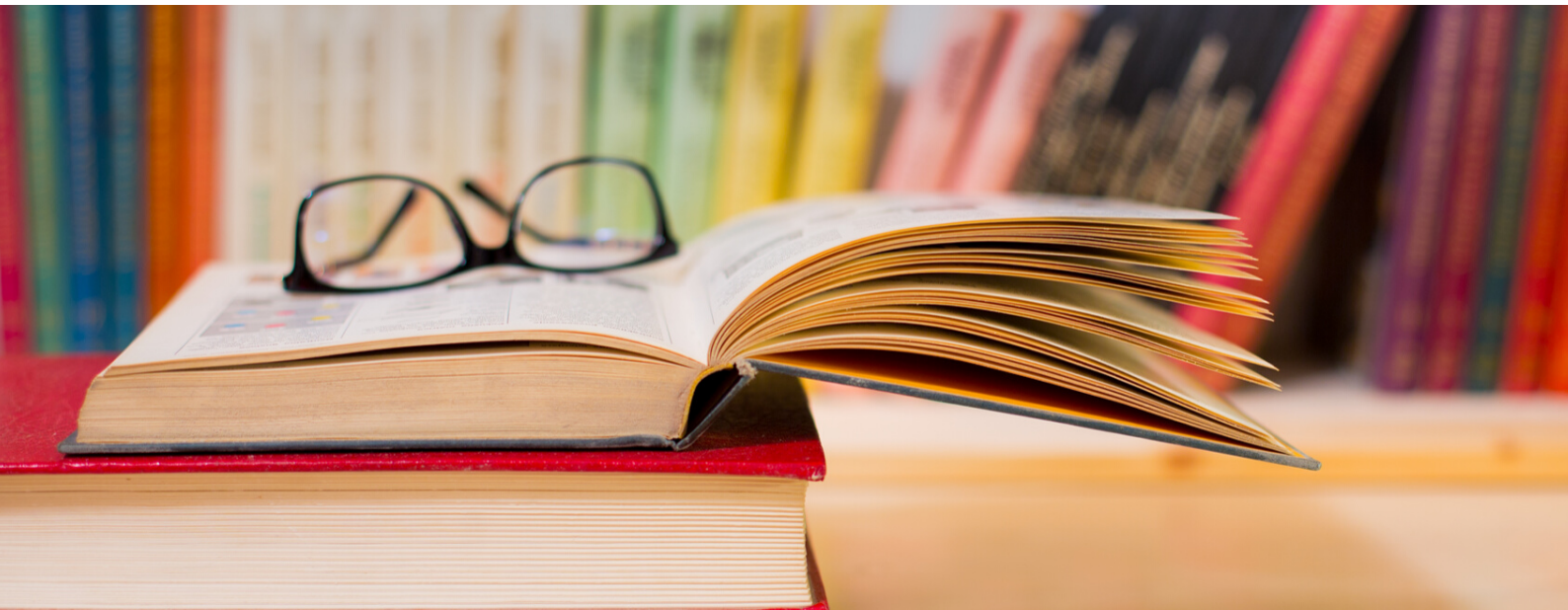
Our five pathways are separate study routes divided up into stages on those pathways. Each pathway will require you to study particular stages and we offer those stages in all our teaching locations starting at various times of the year to make your study flexible.

ACCREDITATION

The value of your accreditation is aligned with the value of ours, your core academic team holds 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 are changing careers, flexibility is built into our pathways to make your progress smooth.



OUR STUDY PATHWAYS:



HYPNOTHERAPIST PATHWAY (CNHC)

A flexible pathway from beginning to 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)

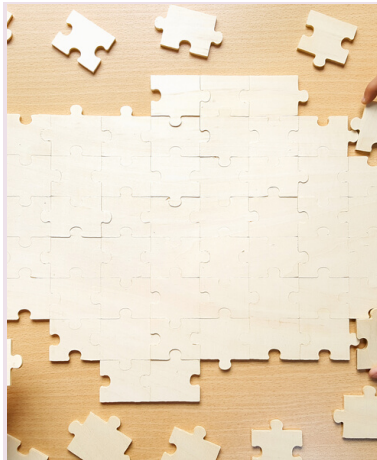
A flexible pathway to UKCP accreditation as a hypno-psychotherapist.

OUR STUDY PATHWAYS:



PATHWAY TO UKCP FOR EXISTING HYPNOTHERAPISTS

A flexible pathway to hypno-psychotherapeutic counsellor or hypno-psychotherapist (UKCP).



HYPNOTHERAPY FOR COUNSELLORS AND PSYCHOTHERAPISTS

A flexible pathway for practitioners to add hypnotherapy skills to their existing practice.

WELCOME





PATHWAY TO CNHC HYPNOTHERAPIST

Our hypnotherapist pathway provides you with all you need to qualify and register 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 the pathway that you have chosen. We are totally flexible in that you can change pathway if you choose 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 four 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 wider reading and study.

You can therefore be generating revenue in no more than twelve months from starting your pathway.

THE ESSENTIALS

Stages you study:

- Stage 1 through to end of Stage 2

Length of study:

- 12 months part-time

Award:

- CHP(NC)

What Next?

- Set up in practice as 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 the pathway that you have chosen. On this pathway you will need to complete four stages, Stage 1 which is four months, Stage 2 which is eight months, Stage 3 which is five 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 end of Stage 4

Length of study:

- 3 years part-time

Award:

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

What Next?

- Set up in practice as 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 Complementary and Natural Healthcare Council and 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 the pathway that you have chosen. On this pathway you will need to complete four stages, Stage 1 which is four months, Stage 2 which is eight months, Stage 3 which is five 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 end of Stage 4

Length of study:

- 4 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 will join this pathway if you have a HPD level qualification as a hypnotherapist and you may well 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 six 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 the pathway for hypno-psychotherapeutic counsellors or Stage 3 and Stage 4 on the pathway for hypno-psychotherapists.

THE ESSENTIALS

Stages you study:

- Stage 3 through to end of Stage 4

Length of study:

- 3 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 hypno-psychotherapeutic counsellor or hypno-psychotherapist and register with UKCP





PATHWAY TO HYPNOTHERAPY FOR COUNSELLORS & PSYCHOTHERAPISTS

If you are an existing counsellor or psychotherapist, this pathway provides you with all the theoretical and practical knowledge to become both confident and competent in using hypnosis as a clinical tool.

To complete this pathway you will need to complete only Stage 1 which is four months, we provide course materials to you in electronic format and those will be supplemented by your own wider reading and study.

At the end of this study pathway, you will feel confident to work with clients using hypnosis as a creative tool to engage intrinsic resources and increase autonomy. Our person-centred approach to including hypnotic methods has been created by therapists for therapists and includes safe techniques you will be able to offer your clients immediately.

For us hypnosis is a creative and flexible delivery vehicle for counselling and psychotherapy and allows clients to actively connect with their inner lived experience and felt sense.



THE ESSENTIALS

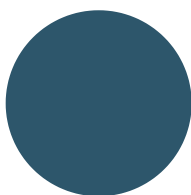
Stages you study:

- Stage 1 (four months part-time)

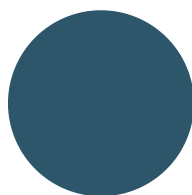
Length of study:

- 4 months part-time

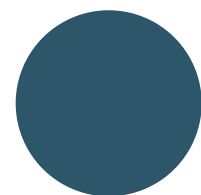
THE STAGES ON OUR PATHWAYS:



INSPIRE



MOTIVATE



EDUCATE

The five 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. Simply complete all the stages to complete your pathway.

- Stage 1 is four weekends, over four months
- Stage 2 is eight weekends, over eight months
- Stage 3 is five weekends, over five months
- 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 to train you to be efficient in inducing the hypnotic state and in its management. The emphasis is on practical training with relevant theory. The course involves 56 hours of attendance at one of our tuition venues spread over four weekends at monthly intervals, combining both theoretical and practical elements.

During Stage 1 you are taught how to use hypnosis to help people alter unwanted behavioural patterns and belief systems, issues arising from stress, anxiety and self-esteem and to work with enhancing performance.

Requirements:

Attendance

- 56 hrs over 4 weekends

Assessment

- 4x1000 word essays and self-reflection
- Continuous assessment by tutor.

Modules taught on Stage 1:

- Understanding, Creating and Using Hypnosis
- The Art and Science of Hypnosis
- Person-Centred Hypnotherapy
- Using Hypnotherapy Creatively



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 a comprehensive training based on the core principles of person-centred therapy. It has been consistently shown in research that it is the therapeutic relationship that is key to successful outcomes and we believe it is fundamental to the change process.

During this stage, the emphasis is placed upon the application of both the theory covered in the lectures and the practical skills acquired. You will be presented with actual case histories, and by means of class and group discussion, given the opportunity to apply your knowledge in the formulation of treatments.

Requirements:

Attendance

- 132 hrs over 8 weekends

Assessment

- 2x3000 word essays
- Ethics paper
- Case study

Modules taught on Stage 2:

- Humanistic Theory and Practice
- Hypnotherapeutic Techniques
- Issue based hypnosis and safety
- Mind-Body
- Solution-Focused Therapy
- Further Psycho-Psychological Issues
- NLP and Practice Building
- Ericksonian Hypno-Psychotherapy



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 not only competence but also the confidence to be able to work within the complexities of practice.

This stage covers the thinking and models that have shaped modern psychotherapy including Freud, Jung, Adler and the major psychodynamic theorists. You study Gestalt, theory of behaviour, Cognitive Behavioural Therapy and Transactional Analysis, as always there is an element of practical assessment throughout the stage.

Requirements:

Attendance

- 70 hrs over 5 weekends

Assessment

- 1x3000 word essay
- Dissertation (for those on the hypno-psychotherapist pathway)
- 100 client-contact hours

Modules taught on Stage 3:

- Further Humanistic and Gestalt Therapy
- Psychodynamic
- Further Psychodynamic
- Behavioural and Cognitive Behavioural Therapy
- Transactional Analysis and Open Frame



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 elements required 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 further 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
- Four or five online modules
- Additional classroom hours
- Self-development hours and/or personal therapy

Duration:

- 4 years from start of training - Hypno-Psychotherapists
- 3 years from start of training - Hypno-Psychotherapeutic Counsellors

Mode of Study:

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

Assessment:

- Portfolio of total hours, supervisor's report, viva voce

What Next?

- Your future. . .

ENTRY REQUIREMENTS

The UKCP require a “post-graduate level of competence at 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, admission on 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. The National College therefore operates a system of recognising equivalent professional experience and qualification 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 with an eye on our social responsibility as a training provider. Our interviewers are able to assess both your ability to study at the level required and your 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 contact us to discuss.

WHERE WE TEACH:

LONDON

- UKCP Head Office – America House, 2 America Square, London EC3N 2LU
- The Royal College of Surgeons – 35-43 Lincoln's Inn Fields, London WC2A 3PE

MANCHESTER

- The Bridgewater Suite, Jury's Inn, 56 Great Bridgewater St, Manchester M1 5LE

OXFORD

- Holiday Inn, Peartree Roundabout, Woodstock Road, Oxford OX2 8JD





COURSE DATES

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

COURSE FEES

We offer you 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. Each training weekend is called a module, you pay for each module in advance of attending so each monthly payment is for the following module.

You will pay £220 including VAT per module (taught weekend). From the end of Stage 2 you will be able to generate income.

That payment covers every taught element on stages 1 to 3. Stage 4 costs (and supervision on Stage 3) are variable but can be offset against earnings. Stage 4 contains a requirement for 48 hours of personal therapy and also 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 and we try to minimise the financial demand on you whilst still delivering a class-leading educational package. Our routes into UKCP registration and accreditation represent the best value in the market place. For a more detailed breakdown of our fees, please visit our website on 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 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 to help you achieve your study goals.

SIGNIFICANT

We encourage a feedback loop; we want to hear from you and will also 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 own individual qualities and your own way of becoming 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 and hope your experience with us is a rewarding and enjoyable one. As a college we understand that enrolling onto 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 and we are all advocates for this rewarding, inspiring and stimulating work with life-long challenges, learning and personal development.

It is my role as director of student experience 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 a multitude of 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 our services are delivered.

It is my aim to understand your individual circumstances and help to 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 to 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 which reflects your skills and your 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 personal research and studies within the classroom environment and at our annual conference
- Writing and blogging opportunities through the NSTT



6

YOUR COLLEGE

- People You Are Most Likely to Meet
- Your Principal
- Your Tutors
- Your Support Services
- Your Fellow Students
- You



“

*Do not compare,
do not measure,
no other way is
like yours. All
other ways
deceive and
tempt you. You
must fulfil the
way that is in you.*

Carl Jung

”

THE PEOPLE YOU ARE MOST LIKELY TO MEET:

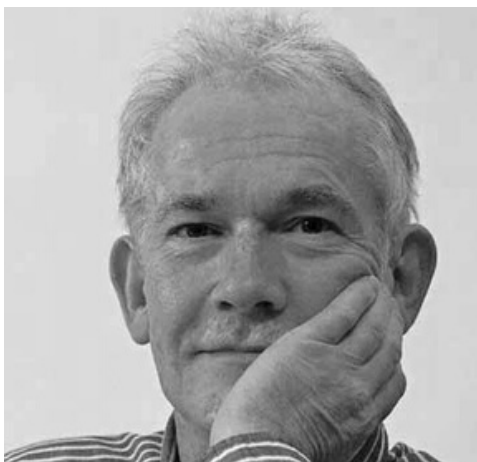


STUART CALE - PRINCIPAL

Stuart has been a student, graduate, tutor, Vice-Principal and is now the sixth Principal of our college. Still a tutor, he is also in private clinical practice as a therapist and counsellor (UKCP & BACP) and is also a UKCP accredited clinical supervisor. As an educator, Stuart holds fellowship of The Higher Education Academy and also sits on our academic board, the Committee of The College of Outcome Oriented and Hypno-Psychotherapies (COOHP) within the UKCP and the Executive Committee of The United Kingdom Council of Hypnotherapy Organisations where he is involved in policy relating to direction of the profession as a whole.

Stuart can be reached at stuart.cale@nchp.ac.uk

DAVID CORR - TUTOR (LONDON)



David is a UKCP registered psychotherapist and clinical supervisor who has trained extensively in Ericksonian psychotherapy and is an accomplished experiential tutor. He is also a trained EMDR therapist and specialises in the treatment of anxiety disorders, depression, trauma and dissociative states. David runs a private practice and also heads up our training at the London venues. He has conducted many high profile projects for government and NGOs including breaking down barriers to inclusion, and tackling racism in the workplace.

David can be reached at david.corr@nchp.ac.uk

THE PEOPLE YOU ARE MOST LIKELY TO MEET:

ALISON LEVERETT-MORRIS - TUTOR (OXFORD)



Alison is a UKCP registered psychotherapist and a graduate of the college. She received our J.P. Nobel Award for her graduate dissertation which examined the importance of considering and understanding clients' physical health and symptoms in hypno-psychotherapy. In her private practice Alison has a particular interest in the mind-body connection and working with medically unexplained physical symptoms. Alison has an MA in Leadership and more than 20 years' experience in supporting positive change.

Alison can be reached at alison.leverett-morris@nchp.ac.uk

ALAN GREAVES - HEAD OF THE ACADEMIC BOARD



Alan is another graduate of the college, a UKCP therapist and a senior lecturer in higher education. A passionate educator and academic, Alan has published a number of research articles on PTSD and Post-Natal Depression. As chair of our academic board, he holds a National Teaching Fellowship and is a principal fellow of the Higher Education Academy. Alan's main therapeutic interests are in educational attainment and working with LGBT+ clients.

Alan can be reached at alan.greaves@nchp.ac.uk

THE PEOPLE YOU ARE MOST LIKELY TO MEET:

CARLIE FAIRBROTHER - DIRECTOR OF STUDENT EXPERIENCE



Carlie is our dedicated Director of Student Experience and is Membership Secretary of the NSTT. Carlie is well placed to ensure that your time with us is as positive an experience as possible and having made the journey herself to transition into private practice, she understands the challenges and those small things that make life as a student with us all the more rewarding. She offers an empathetic and accepting environment for you to discuss anything about your experience and is always happy to accept feedback to help us improve.

Carlie can be reached at
carlie.fairbrother@nchp.ac.uk

ALAN PATCHING - CHAIR OF THE ETHICS COMMITTEE



Alan holds the chair of our ethics committee; he has worked full time in hypno-psychotherapy, training and corporate education and conflict resolution since completing his role as project director of the Sydney Olympic stadium. When not in clinic (where he spends 70% of his time) Alan is an in demand presenter on the professional speaking circuit, having represented Australia in international professional speaking in 1997.

Alan can be reached at
alan.patching@nchp.ac.uk

READ WHAT YOUR FELLOW STUDENTS HAVE TO SAY:



- "I think one of the most valuable things I took from the time spent together throughout this amazing journey was to realise that as a psychotherapist I can still be myself and not try to wear a 'professional mask' but really be there with my clients, with my flaws and qualities and most importantly, with an open heart" - **Nadina**
- "I have to say that I have really enjoyed the course content and different teaching styles. I particularly enjoyed stages 2 and 3 where we were able to focus on the theory underpinning the practice." - **Anne-Marie**
- "You emphasise that we all have our own life or work experiences that we can bring to the course, and by doing so, you treat us as partners on a learning journey." **Andrea**
- "Just wanted to say a quick thank you for making me feel so welcome and for a fantastic weekend. It's really inspired me and made me more determined than ever to get to the end and actually do a job I could really love doing !" - **Andy**
- "Something to show my gratitude for everything I've learned in stage 3 and the opportunity to present in class. You can also consider this my feedback for the great work you put in for all of us and your flexibility and swiftness throughout." - **Dimitrios**

A LETTER FROM US TO YOU

Dear potential student,

First and foremost let us congratulate you on that spark within that has led you to the decision 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 just want to talk to us more, we would love to hear from you.

Education and therapy are our passions and 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 personal 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 lots more information on our website which will be helpful.

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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