

# European College of Hypnotherapy



Principal : Psychologist **Dr Keith Hearne** (BSc MSc PhD)

The College is a representative organisation  
within the General Hypnotherapy Standards Council  
**GHSC**

## Prospectus 2017

Classes at  
**Englefield Green, near Egham, Surrey**  
(and sometimes at other locations)

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## THE PRINCIPAL & FOUNDER

**Dr Keith Hearne** (BSc MSc PhD)

Dr Hearne has been teaching hypnotherapy for over 17 years at the prestigious **European College of Hypnotherapy** – which he founded. He is an internationally known psychologist who conducted the world's first sleep-laboratory research into 'lucid' dreams (in which the dreamer becomes aware of being in a dream) for his PhD - completed in 1978 at Liverpool University. In the course of that pioneering research, he invented the 'dream machine'. The original sleep-laboratory chart-records, and his 'dream machine' are on permanent display at the Science Museum in London.

He is a therapist of renown, and has introduced many new techniques. His special method of transforming nightmares into lucid dreams is a very successful therapy, and his unique technique of hypno-oneirography (sequential tracing of dream images) has been shown in TV documentaries. He is on the Advisory Board of the **General Hypnotherapy Standards Council**.

Dr Hearne was an Inspector for the both the **British Accreditation Council** and the **Open & Distance Learning Quality Council**. He has also conducted and had published very many experiments in psychology and parapsychology - particularly in the fields of telepathy and premonitions. He ran **BBC TV's Premonitions Bureau**, linked with the *Out of this World* series.

Dr Hearne is frequently in the media, here and abroad - on TV, radio, in newspapers and many magazines. He has appeared on very many TV programmes, many *documentaries*, and chat shows. In one TV programme he successfully treated a lorry driver who experienced an unreasonable reluctance to advance to driving a heavier vehicle. Hypnotic regression established the cause as a forgotten childhood trauma. He has also been filmed for a *Discovery Channel* programme on sleep and dreams (in which he stopped a woman's nightmares) and he presented a 13-part series on the new 'alphabet-dream-code' technique.

Dr Hearne had, for over a year, a regular column in *The Express* newspaper every Thursday with David Melbourne, on dream interpretation.

He is also a composer, and created a ballet with Dame Gillian Lynne - inspired by the life and death of Diana, Princess of Wales.

Dr Hearne has authored or co-authored several books to date:

Hearne, K. (1989) **Visions of the Future**. Aquarian Press.

Hearne, K. (1990) **The Dream Machine**. Aquarian Press.

Melbourne, D. & Hearne, K. (1997) **Dream Interpretation - the secret**. Blandford Press.

Melbourne, D. & Hearne, K. (1998) **The Dream Oracle**. New Holland Publishers. Hearne, K. &

Melbourne, D. (2002) **Understanding Dreams**. Foulsham Publishers.

Melbourne, D. & Hearne, K. (1999) **The Meaning of Your Dreams**. Blandford Press.

(Several other books are pending, including two on hypnotherapy.)

(Dr Hearne's latest work, in collaboration with David Melbourne, has established an amazing new method of obtaining messages from the unconscious, via dreams, but without requiring interpretation. The new 'alphabet code' technique is described in their book '**The Dream Oracle**' published by The Foulsham Press. The book is set to revolutionise therapy, including hypnotherapy).

## HYPNOTHERAPY

**Hypnotherapy** is of course widely accepted today, and used very successfully for the alleviation and cure of many different problems such as long held phobias, weight control, giving up smoking, improving self-esteem, reducing stress, enhancing performance, dealing with traumas, and so on. The 1993 British Medical Association report '*Complementary Medicine - new approaches to good practice*' expressed a positive interest in hypnotherapy from the medical profession.

Life-changing results can be achieved, and the power that brings about such change is within the unconscious - which is our friend, guide and adviser. However, the unconscious sometimes has a 'different agenda' to that of the conscious mind and the physical body, and this is where hypnotherapy is used to regain unity and harmony.

When you become a student with us, we not only train you in hypnotherapy to proud professional levels of excellence, but we care too for your self-development and encourage that seeking of inner understanding, so that you will be : better able to cope with relationships, better able to deal with stress, and better able to think of yourself as a success. You yourself can become more focused, more happy, and more relaxed.

The College sees itself at the vanguard of introducing new techniques into hypnotherapy. Its Principal, Dr Keith Hearne, has devised several new methods including the conversion of nightmares into pleasant lucid dreams, a way of externalising hypnotic imagery (hypno-oneirography), new pain - control procedures, a 'micro-IMR' system, and the concept of the virtual self. He also discovered the association-pathway in incremental regression. Articles about these techniques have appeared in several journals and popular magazines recently, including **Positive Health** and **Kindred Spirit**. Research constantly continues.

For too long, hypnotherapy has been an unregulated area. We are pleased that the situation is now changing – self-regulation has arrived in the form of the **CNHC** (Complementary and Natural Healthcare Council). An intrinsic part of the CNHC's acceptance of the **GHSC** (General Hypnotherapy Standards Council – which validates our courses), is that there should be agreed standards on training. Over two years of meetings, the criteria decided on are a Core Curriculum and Learning Outcomes, linked to the revised National Occupational Standards for Hypnotherapy. We have now restructured our courses to comply fully with those requirements.

## **Our training courses operate at two levels:**

1. You may attain our **Diploma in Hypnotherapy** (Dip.Hyp.) – either by attending an **EXPRESS** course, over 12 days (in a 14-days period), or a **FLEXI-COURSE** (over 6 weekends, each a fortnight apart, which is variable according to the requirements of students). The material is the same on both types of course.

**With this qualification, you may join the GHR (General Hypnotherapy Register) as an Associate Member, obtain insurance and start up as a hypnotherapist.**

2. Subsequently, you may decide to attend our **Advanced Diploma in Hypnotherapy** course, which, in conjunction with the Dip.Hyp. training, satisfies the criteria of the Core Curriculum and Learning Outcomes, linked to the revised National Occupational Standards for Hypnotherapy. On successful completion, you may then apply to become a full Member of the GHR, and Register with the CNHC.

The **Advanced Diploma Course** consists of the above **Diploma** course **plus THREE weekends** (a few months apart), totalling 120 hours. There is also a substantial amount of home-work (330 hours) – reading, internet-research, essays, etc (and exams at the end).

We also run occasional intensive courses for a **Certificate in Past-life Therapy & Spirit Release Therapy** for people who are just interested in those fields for self-knowledge, or for suitably qualified therapists wishing to add these fields to their skills. Inevitably in hypnotherapy, some clients spontaneously enter these areas.

N.B. Dr Hearne endeavours to teach most of each course himself.

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## **IMPORTANT ANNOUNCEMENT!**

**NEW! FLEXI-COURSES – making it easier for you to get qualified as a Hypnotherapist.**

We have introduced a special new **FLEXI-COURSE** for our Diploma in Hypnotherapy. It is a separate type of arrangement from the **Express** 12-day course held on fixed days. (See Dates info further on). Both types of courses cover the same material.

These flexi-courses, having a small number (perhaps 6-10 students in the class), offer a new and convenient route for you to become qualified, because the teaching dates are varied to fit in with the busy lives of the participants. Many people could complete the course without having time off work

Essentially they are centred on 6 weekends, two weeks apart, but if a student cannot attend on a few days of the proposed dates, the dates are re-arranged, with group-consent, so that all can be present. It may be that, sometimes, weekdays are decided to be best for some of the teaching. Also, some groups might wish to bunch the teaching days together more.

Another feature of these flexi-courses, for those who prefer it, is that after paying the deposit amount, you may pay for each teaching-day as you go along.

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## LOCATION

Our courses are usually taught at **Englefield Green**, near **Egham, Surrey**. Sometimes, we teach further afield. We can supply a list of local B&B places.

## TIMES

The teaching hours are usually between 9.30am and approximately 5.30pm with a lunch break and short morning & afternoon breaks. (These times may vary – larger classes tend to run slower, small classes faster).

## COURSE FEES (2017)

(Non-refundable deposit: **£250**. The balance is to be paid on day 1 of the Course)

### **DIPLOMA IN HYPNOTHERAPY: £1,750 (EXPRESS and FLEXI-COURSE)**

When you complete the **Diploma** course, you may decide to stay at that point and set up in business, or continue onto the **Advanced Diploma** course. The additional tuition fee then is **£900**, (ie Total Diploma fee is **£2,650** (i.e. £1,750 + £900), plus **£150** exam fee – paid at the time of the exam.

**ADVANCED DIPLOMA IN HYPNOTHERAPY (On which you may enroll only after attaining our Dip.Hyp.): £900 (£150 deposit, the rest may be payable at £125 per day (6 days of tuition).** (In addition, there will later be an exam fee of **£150**).

**4-day CERTIFICATE IN PAST-LIFE THERAPY & SPIRIT RELEASE THERAPY: £600.** (4 consecutive-days course).

## PAYMENT

The non-returnable Deposit (£250) should be sent with the downloaded **Booking Form** ([www.european-college.co.uk](http://www.european-college.co.uk)). The balance must be paid on day 1 of the course. See below.

## ENQUIRIES

Please feel free to ring or email Dr Hearne if you have any queries:

(UK) **01784 433 421** E-mail: [training@european-college.co.uk](mailto:training@european-college.co.uk)

**TRAVEL**

Parking is free at our teaching places.

The nearest station is **EGHAM** (Waterloo – Reading line.)

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**THE SYLLABUS****DIPLOMA COURSE (Dip.Hyp.)**

These are probably the best such courses in Britain. Consisting of a mixture of theory and practice, the courses explore all the main aspects of hypnosis - providing a solid and broad base. The material is presented simply and the practice sessions are interesting, and often revealing. Students almost universally report that much self-discovery results from the practice sessions and the topics covered.

(About half the time on each day is spent practising techniques, and observing demonstrations – usually by Dr Heame.)

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Altered states. The unconscious. The stages of hypnosis. Catalepsy, cataplexy. Progressive relaxation. Ego-strengthening. Awakening. Principles of induction. The voice. Stages of a session. Using giggling to your advantage. Eye-fixation induction. Laws & principles of suggestion. Embedded instructions. Suggestibility tests. The Stanford Hypnotic Suggestibility Scale. Ocular activity. Permissive / authoritarian.

Aspects of suggestion. Individual differences in imaging ability. The environment. Theories of hypnosis. Contra-indications. Pre-menstrual tension script.

History of hypnosis. Transference, counter-transference. Conversion, secondary gain. Authoritarian technique. Eye-fixation with progressive relaxation induction. Arm levitation method. Trance resistance. Defences. Erickson's confusional technique. Incorporating distractions. Medical / physiological phenomena of hypnosis. Thumb nail induction. Hypnotic dream induction. Client's details form & questionnaire. Vogt's fractionation method. Stopping smoking script.

Somnambulism phenomena. Illusions & hallucinations. Post hypnotic amnesia, paramnesia. Abreaction. Direct gaze induction. Erickson's hand levitation technique. Methods of deepening the trance. Post hypnotic suggestions. Ideo-motor responses. Sleep states. Dealing with a sleep disorder (snoring). Slimming script. The hypnotic gastric band. The slim Schema. Notes for clients. Animal hypnosis. Hearne's arm tension induction. Hypnosis equipment.

Self hypnosis. Hetero-hypnosis. Deepening by automatic movements, counting & breathing. Dealing with habits. Breast enlargement - script. Dynamic dream induction.

Driving-test anxiety - script. The nature of pain. Pain control by direct suggestion. Ego-strengthening for confidence and stress reduction. Case notes. Healing light. Emergency hypnosis. Depression. Raynaud's condition script. Hair improvement script. Flower-bed induction.

It is universally recognised that the American psychiatrist Milton Erickson developed hypnosis by leaps and bounds. He brought much creativity, ingenuity and perception into hypnotherapy. Erickson pointed out that every person has within themselves all the resources necessary to overcome any problem and that the function of the therapist is to enable the person to access and utilise those resources. This weekend is devoted to his remarkable and widely used techniques.

General psychology module. This weekend is designed to provide a comprehensive background to the subject of general psychology. Areas relevant to hypnotherapy will be stressed, including significant studies in social psychology, non-verbal communication, personality development, psychometrics, and experimental psychology. The exciting and newly discovered phenomenon of reverse-speech will be explained. We also explain genetics, the human nervous system, the mind / body link, and the neurophysiology of hypnosis.

This weekend provides some significant hypnotherapeutic techniques for dealing with several conditions, including obsessive-compulsive disorders, gastro-intestinal problems, anorexia nervosa, bulimia, and skin disorders. The enhancement of sporting performance is also covered, with the provision of a special script. Another script, under the topic of aesthetic hypnosis, deals with frown marks.

Therapeutic psychology module. This weekend looks at abnormal psychology, the unconscious, major theorists (Freud, Jung, etc), the DSM IV classificatory system, defence mechanisms, classical and operant conditioning, placebos, psychosomatics, drugs, tolerance, identifying drug users, false memory syndrome and the new concept of the 'virtual self'. Summaries are given of various well-known therapies.

This is another highly practical weekend, dealing with : phobias (with scripts for fear of flying and fear of birds), systematic desensitisation, stress, road-rage, psycho-sexual problems including premature ejaculation, impotence, frigidity, vaginismus and psychogenic infertility, abuse / rape, blushing, anxieties, panic attacks, migraine, asthma and allergies, coming off pills.

This weekend includes several important dissociation methods, regression, automatic writing and drawing, age progression, time distortion, metacommunications, rebirthing and hypnodrama. We consider the various ethical issues in hypnotherapy and give advice on practice management. We also cover assertiveness, Rational Emotive Therapy, hypnotising children, subpersonalities, trauma-beings, and simple NLP techniques.

Hypnotherapy for disorders of sleep and dreams. The neurology and physiology of sleep and dreaming are taught. Disorders of the two states of sleep - Slow Wave Sleep (SWS), and Rapid Eye-movement Sleep (REM) - are described and scripts are provided for

dealing with : SWS nightmares (pavor nocturnus), insomnia, snoring, teeth grinding (bruxism), enuresis, sleep walking / talking and sleep paralysis, the hypnotic induction of lucid dreams, and creativity enhancement. Hearne's method of converting REM nightmares into lucid dreams is covered, as is his technique for the sequential tracing of dream images (hypno-oneirography). The brand new alphabet-dream-code method is explained in depth.

Hypnotherapy in pain control. The various strange phenomena of pain are investigated, including the real location of pain, and phantom limb pain. We look at the theories of pain perception, including the gate-control model. Laboratory studies are noted and the concept of hidden pain is explored. Scripts are provided for dealing with pain in eleven different ways. Hypnotic pain control is covered in obstetrics, surgery, cancer and dentistry. An extremely useful script is given for dealing with emotional pain (suffering) as a result of lost love.

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### **ADVANCED DIPLOMA (Adv.Dip.Hyp.) COURSE**

Subsequently, you may decide to attend our **Advanced Diploma in Hypnotherapy** course, which, in conjunction with the Dip.Hyp. training, satisfies the criteria of the Core Curriculum and Learning Outcomes, linked to the revised National Occupational Standards for Hypnotherapy. You may then apply to become a full Member of the GHR, and Register with the CNHC.

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### **CERTIFICATE IN PAST LIFE THERAPY & SPIRIT RELEASE THERAPY**

Inevitably, when having ordinary hypnotherapy, some clients spontaneously report finding themselves in an apparent past life - which reveals to their satisfaction, the cause of their current problem. In addition, some clients will report that someone else - a spirit - is located within them. Our Diploma Course on Past Life Therapy & Spirit Releasing Therapy covers these areas which are becoming increasingly significant and essential for a proper holistic treatment.

(About half the time on each day is spent practising techniques)

Background to reincarnation. Western & Eastern ideas. Hinduism, Buddhism, ancient China, Tibetan book of the dead. Reincarnation research, Dr Ian Stevenson.

Cryptomnesia. Bloxham, Bridey Murphy cases. Abreaction and catharsis. Vicarious trauma. Hypnosis script. Incremental regression. Guided imagery. Left / right hemispheric differences.



Traumatic events sequence. Past life residues : emotional, mental, physical, spiritual. False memory. Present life regression. Near-death experiences. Rationale of regression therapy. Initial interview. Corridor induction technique.

The sequence of past life therapy. Right and wrong ways of regressing. Reverse speech. Additional techniques. The assumptive, speculative, open and conditional question. The technique of assuming another's viewpoint. Forgiveness and self-forgiveness as major therapy. Saying the unsaid. Dual regressions. Non-hypnotic regressions : the affect, somatic and linguistic bridges. Further applications: phobias, obsessions, depression, eating disorders, writer's block,

incest. Physical ailments as past life residues. Animal past lives. Background to hypnosis. Hypno-oneirography.

Spirit releasing therapy. History, cases. The sequence of spirit releasing therapy. The discovery of attached entities. The direct approach. Group regression. Meditation induction. Body scan techniques for identifying entities. Dreams. Organ transplants. Out-

of-the-body experiences. Connected breathing method. Tissue massage. Channelling, ouija, pendulum. Abortions. Sub-personalities. Mind fragments of living persons. Walk-ins. Thought forms. Inspirational possession.

'Dark' entities and their identification. Types of 'demon' – their characteristics and features. Technique for dealing with a client's 'pact with the devil'. The sequence of 'dark-spirit release. Group release. Networks and fragmentation. Overcoming resistance. Deceptions, decoys. False alarms. Submerging, fading, soul theft. The Interlife. Spirit guides. The return, greeting, counsels, learning, selection of a new life and body. Rebirth. The life-plan.

This life progression. Future life progression. Extra-terrestrials. Impostors and false alarms. Group entity release. Remote spirit releasing. Rescue work – posthumous. Remote releasing. Hauntings. Dialogue with the foetus. Soul retrieval. Shamanism. Soul theft. Possession by the living. Healing the vulnerability. Self-protection, self-clearing.

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## EXAMINATIONS

Students on the **Diploma in Hypnotherapy** course are assessed throughout. If they are not up to standard, examinations may be required – however, this is a very rare occurrence.

Examinations are essential on the **Advanced Diploma in Hypnotherapy** course.

Those students on the **Diploma in Hypnotherapy** course will be required to:

- A Submit 2 essays of at least 1,500 words (Advice is given on writing essays)
- B Undergo a *viva voce* examination.
- C Sit two written examinations of 90 minutes each.
- D Submit case-histories.

### **MISSED DAYS**

Each day of the course is important and needs to be attended. There can't be gaps in your knowledge and experience in therapy training. If you should unavoidably miss a day, or a weekend, we can arrange special teaching for you, at additional cost. However, our special Flexi-courses are designed to cope with such issues.

### **YOUR SUITABILITY**

In a study conducted at Reading University involving psychology students, it was discovered that academic exams (school exams and first university exams) were not accurate predictors of the final degree result. It was realised that the two important factors - rather than paper qualifications - were intelligence and, above all, motivation.

It is also clear, says Dr Hearne, that many superbly academically qualified persons are 'hopeless' therapists, having no rapport with clients. Hearne has observed that many of the best therapists are intelligent lay persons who have a natural caring nature and have gained, say, a hypnotherapy qualification. They greatly improve the quality of life for their clients and at the same time develop a sense of self-worth, accomplishment and achievement.

It is the policy of this college to encourage as students persons who primarily possess a keen and enduring interest in therapeutic techniques and can relate well to other human beings. Academic qualifications may or may not be an advantage. To us, your attitude is more important.

### **OUR SUITABILITY**

When it comes to selecting a suitable training course in hypnotherapy you need to establish that you are dealing with a reputable organisation, where both the structure of the course and background of the teaching staff are appropriate. Otherwise, clearly, apart from the possibility of receiving poor training, there may conceivably be later consequences concerning the status of your qualification.

We, at the **European College of Hypnotherapy** are fully confident that we possess adequate standing, and we strive to train students through a well-designed course to a high level of theoretical knowledge and practical competence.

We are in the forefront of introducing exciting new techniques into hypnotherapy and intend to conduct and publish research on several of the many interesting phenomena.

### **CODE OF PRACTICE**

Students who have successfully passed the examinations for our Diploma must sign a Code of Practice before receiving the Diploma certificate. This is to ensure that ethical and professional standards are followed.

## LECTURERS

### **Dr Keith Hearne** BSc MSc PhD (**Principal**)

A full background to Dr Keith Hearne is given on page 1 of this Prospectus. He is an expert in hypnotherapy, past life regression therapy and spirit releasing therapy and has taught and written about these topics over many years. He teaches most of the course material at the Englefield Green (Egham) location.

### **Dr Araxia Araratyan**

Araxia is a medical doctor from Armenia. She teaches some of the physiological components of the courses.

**Dr Shomit Mitter** and **Richard Dennison** may also lecture/supervise at the European College.

## ONE-TO-ONE TEACHING

Dr Hearne is happy to provide flexible one-to-one tuition. Telephone him on 01784 433 421.

## INSURANCE

Students, on qualifying, will be given information on Insurance.

## GHR and the CNHC

We recommend that students who qualify join the **GHR** (General Hypnotherapy Register) professional body, as full **Members** (ie those with the **Advanced Diploma in Hypnotherapy**), or **Affiliates** (those with the **Diploma in Hypnotherapy**).

Those with our **Advanced Diploma** may also apply to **Register** with the prestigious **CNHC** (Complementary & Natural Healthcare Council)

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## THE TEACHING VENUE

The teaching address is in the vicinity of Egham in Surrey - Junction 13 on the M25).

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## ACCOMMODATION

This is the responsibility of the student. On request, we can suggest various nearby B&B places for those coming from a distance.

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## EUROPEAN UNION STUDENTS

We welcome applications from countries within the EU.

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The College is a representative organisation within the GHSC (**General Hypnotherapy Standards Council**), and we recommend that our students join the affiliated GHR (**General Hypnotherapy Register**) – in addition to registering with the regulatory CNHC (**Complementary & Natural Healthcare Council**).  
**Dr Hearne is on the Advisory Board of the GHSC.**

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**Come and join our friendly group.  
We look forward to seeing you!**

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To **join a course**, firstly view the dates by clicking on **Courses** on the Home page of the College's website:

**[www.european-college.co.uk](http://www.european-college.co.uk)**

Next, download a **BOOKING FORM** - click on **Booking Form** on the Home page of the website. Follow the instructions.

If you wish to join a **FLEXI-COURSE**, let us know (before booking) if the suggested **DATES** of the course are acceptable – if not, please give alternative dates:

**[training@european-college.co.uk](mailto:training@european-college.co.uk)** or telephone 01784 433 421