

European College of Hypnotherapy



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

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

Prospectus

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THE PRINCIPAL & FOUNDER

Dr Keith Hearne (BSc MSc PhD)

Dr Keith Hearne 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 research, he invented the 'dream machine'. The original sleep-laboratory chart records, and the first dream machine, from his pioneering research are to be displayed in a millennium exhibition at the Science Museum, and then on permanent display.

He is a therapist of renown, has introduced new techniques, and has published papers on his methods. 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 is an Inspector for the both the **British Accreditation Council** and the **Open & Distance Learning Quality Council**. Dr Hearne 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, including *GMTV*, *Richard and Judy* (twice), *Newsnight*, *Heaven & Earth (BBC1)* (three times), *Gloria Hunniford* (twice), 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 recently been filmed for a *Discovery Channel* programme on sleep and dreams (in which he stopped a woman's nightmares) and a 13-part series on the new alphabet-dream-code technique.

Among his many guest radio appearances, was a recent *Radio 4* discussion programme *Room for Improvement*. Dr Hearne had, for over a year, a regular column in *The Express* newspaper every Thursday with David Melbourne, on dream interpretation. A recent article of his, introducing his new concept of The Virtual Self, appeared in **Positive Health**.

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.)

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.

(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 to be published by Foulsham Press, in 2002. The book is set to revolutionise therapy, including hypnotherapy).

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](#).

There are three different courses:

- a. A full-scale professional **DIPLOMA IN HYPNOTHERAPY** Details will appear here very soon. The first Diploma course will start in February 2013. The second course will start in September 2013.
- b. A **CERTIFICATE IN HYPNOTHERAPY** (2 week course) For those interested in the field, or therapists who wish to expand their skills.
- c. A **CERTIFICATE IN PAST LIFE THERAPY & SPIRIT RELEASE THERAPY** (6 day course) For those interested in the field, or therapists who wish to expand their skills.

The 2 Certificate courses are running this year (2012) – in October and November. The contents are shown below.

Dates are shown in the ‘Courses’ section of the College website:

www.european-college.co.uk

The courses contain roughly equal amounts of theory and practice.

Dr Hearne is also happy to provide flexible one-to-one tuition. Telephone him.

THE SYLLABUS FOR BOTH SHORT CERTIFICATE COURSES:

CERTIFICATE IN HYPNOTHERAPY

This is probably the best such course in Britain. Consisting of a mixture of theory and practice, the course explores 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)

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. Raynauld'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.

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.

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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.

EXAMINATIONS

Students on the two CERTIFICATE courses do not have to sit examinations. Proper examinations are essential on the professional **Diploma in Hypnotherapy** course. Those students on the **Diploma in Hypnotherapy** course will be required to:

- A Submit 4 essays of at least 1,500 words.
- 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.

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.

INSURANCE

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

CNHC and GHR

We recommend that students who qualify join the **CNHC** (Complementary & Natural Healthcare Council) and the **GHR** (General Hypnotherapy Register).

THE TEACHING VENUE

Our classes are taught in the vicinity of Egham in Surrey (Junction 13 on the M25). The address is: **Bulkeley House, Middle Hill** (top of), **Englefield Green, near Egham, Surrey TW20 0JU**.

TIMES

Classes generally start at 10.00am and finish at roughly 6pm. There is a lunch break between 1.00pm and 2.00pm, and a short break in the morning and afternoon.

ACCOMMODATION

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

EUROPEAN UNION STUDENTS

We welcome applications from people in countries within the EU.

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 the CNHC (**Complementary & Natural Healthcare Council**).

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