

# 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

2010

**Classes at Egham, Surrey TW20 0JU**

(We teach short, intensive courses).

**Tel : 01784 479930**

Courses usually held at: **Bulkeley House, Middle Hill (top of), Englefield Green, near Egham, Surrey, TW20 0JU.**

Office: 5 Schroder Court, Northcroft Rd, Egham, Surrey TW20 0EH

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

## THE PRINCIPAL & FOUNDER

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



(For full information, click on: [www.keithhearne.com](http://www.keithhearne.com))

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 on permanent display at the Science Museum.

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 six books to date, and is working on several more.

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## **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.

**There are two main courses :**

a. **DIPLOMA COURSE IN HYPNOTHERAPY**

b. **DIPLOMA COURSE IN PAST LIFE THERAPY & SPIRIT RELEASING THERAPY**

We focus on short **INTENSIVE** courses for people wishing to become qualified quickly, or for therapists wishing to add to their skills rapidly. We run several courses for either Diploma over the year, at Bulkeley House, Middle Hill (top of), Englefield Green, Egham, Surrey TW20 0JU. Sometimes we teach abroad.

**CPDs** (Continuing Professional Development), **seminar / workshop days** or **weekends** are also put on, usually at Regent's College. London, concentrating on specific topics of therapy and new approaches.

Students completing a paid Diploma course may sit-in again for FREE on the same course within a year.

## **DIPLOMA IN HYPNOTHERAPY COURSE SYLLABUS (Dip. Hyp)**

This is probably the best 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 and techniques for treating a very wide range of disorders. 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)

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### **MODULE 1** (Corresponds to Weekend 1 on the General course)

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.

### **MODULE 2**

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.

### **MODULE 3**

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. Notes for clients. Animal hypnosis. Hearne's arm tension induction. Hypnosis equipment.

### **MODULE 4**

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.

**MODULE 5**

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.

**MODULE 6**

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.

**MODULE 7**

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.

**MODULE 8**

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.

**MODULE 9**

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.

**MODULE 10**

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.

**MODULE 11**

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.

**MODULE 12**

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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**DIPLOMA IN PAST LIFE THERAPY  
COURSE SYLLABUS  
(Dip. PLT)**

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)

**MODULE 1**

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.

**MODULE 2**

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.

### **MODULE 3**

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.

### **MODULE 4**

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.

### **MODULE 5**

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.

### **MODULE 6**

One day is spent revising the course thoroughly. The exams (written and aural) take place on the second day of this weekend.

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### **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.

### **EXAMINATIONS**

Normally, students on our Intensive courses do not have to sit examinations – they are assessed over the duration. Rarely, should the student seem not to be up to standard, in the theory and practice of hypnotherapy, an examination and *viva voce* will be required.

## **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 Keith 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 several years. He teaches most of the course material.

### **Dr Araxia Araratyan**

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

**Paula Frazer**

Paula is a skilled hypnotherapist and former student of the European College of Hypnotherapy. She acts as a Supervisor for those students who require additional tuition, advice and practice.

**Dr Shomit Mitter** also lectures/supervises at the European College.

(Various other guest medical doctors and psychologists are available to teach specialist areas on the courses.)

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**INSURANCE**

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

**GENERAL HYPNOTHERAPY REGISTER**

We recommend that students who qualify join the **General Hypnotherapy Register**.

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**THE TEACHING VENUE**

Bulkeley House, Middle Hill (top of), Englefield Green, near Egham, Surrey TW20 0JU.

(Junction 13 on the M25). Students attending from London, often travel by rail using the Waterloo – Reading line. We can collect students from, and return them to, Egham station each day of the Course.

For large classes, or CPDs, the College may teach at **Regent's College** or **Birkbeck College** in London.

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**TIMES**

Our intensive classes occur on weekdays. They start at 10.30am and finish at roughly 4.30pm. to 5pm.

There is a lunch break between 1.00 and 2.15pm, and a break in the morning and afternoon.

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**ACCOMMODATION**

This is the responsibility of the student. On request, we can suggest various nearby B&B places.

The College is a representative organisation within the **General Hypnotherapy Standards Council**, and we recommend that our students join the **General Hypnotherapy Register**.

On attaining your Diploma and obtaining Insurance, you may then set up as a hypnotherapist. Many new hypnotherapists work firstly on stopping-smoking clients, to get confidence and experience.

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