

L | Leeds
H | Hypnotherapy
A | Academy



...find your focus & make
changes easier...

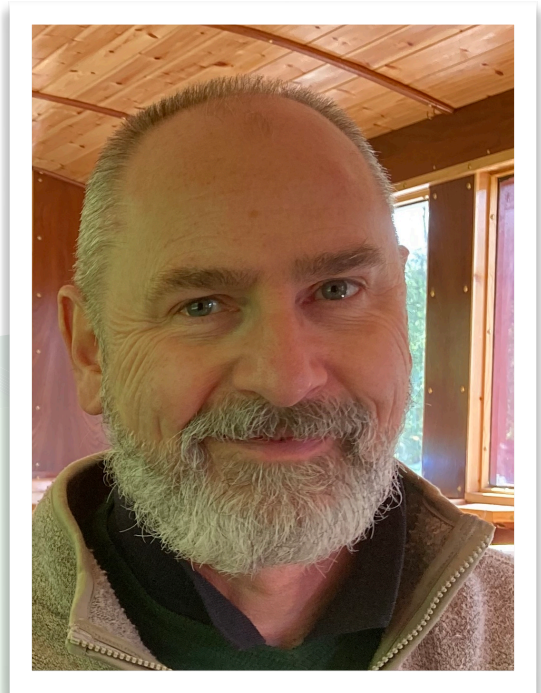
Section		Page
1	Introduction	4
2	Meet our team	5
3	Teaching & learning methods	7
4	Course entry requirements	8
5	Membership of a professional body, indemnity & safeguarding	8
6	Code of conduct	9
7	Equal opportunities	9
8	Enrolment & fees	9
9	General terms & conditions	10
10	Booking terms & conditions	10
11	Cancellation & refund policy	11
12	Practitioner governance & principles of good practice	12
13	Achieving outcomes in programmes aligned to National Occupational Standards	13
14	Exit skills	13
	Our Programmes	
15	Practitioner in Clinical Hypnotherapy programme	16
16	Reiki programmes	19
17	Eye Movement Desensitisation & Reprocessing (EMDR programme)	24

Welcome to Leeds Hypnotherapy Academy

We are delighted to offer our learner-centered teaching programmes designed to help you succeed.

At Leeds Hypnotherapy Academy, we are committed to providing affordable, high-quality, and ethical face-to-face learning experiences. Our programmes are perfect for those looking to embark on an exciting personal development journey or enhance their existing skills.

Whether you're seeking personal growth or exploring a new career path, we are confident that our expert-led courses will help you find your focus and make lasting change easier.



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GHSC

General Hypnotherapy Standards Council

1 *Leeds Hypnotherapy Academy*

Training with The Leeds Hypnotherapy Academy can lead to a new, exciting and rewarding full or part-time profession

The Academy provides a range of programmes including the Diploma Programme in Clinical Hypnotherapy as well as Reiki and EMDR programmes and this prospectus should answer many of your initial questions.

Producing hypnotic, EMDR & Reiki states, though relatively easy skills to acquire, do however, take a considerable amount of time, study and practice to use effectively, ethically & safely within an appropriate therapeutic relationship. We will support your progress to safe and effective practice, guiding you from first introductory principles to becoming a competent practitioner by underpinning knowledge, through a variety of learning methods and introducing you to treatment modalities, right for the client and their presenting condition. This is achieved (depending upon the learning programme) through classroom study, personal remote study & guided learning, supervision, case studies, simulation and on-going and summative assessment.

The exit skills you will have acquired by the end of your learning programme will be sufficient to begin practising as a competent but inexperienced therapist, recognising when hypnosis, EMDR or Reiki is inappropriate and even harmful. On completion of our programmes you will have the knowledge and skills to treat a wide range of clients in the relief of their presenting conditions and you will be awarded the Diploma relevant to the programme you have undertaken.

We accept learners from all backgrounds and abilities with only minimal entry requirements.

When available, programmes are taught to the National Occupational Standards required by Skills for Health; this currently includes our Hypnotherapy & Reiki programmes.

Learners should be aware that National Occupational Standards ensure that therapists are not offering diagnosis or cure, nor making unsubstantiated or non-evidence based claims, but rather helping clients manage their presenting symptoms or ensuring appropriate onward referral.

2 Meet our Team

Nigel Franks (Course Lead)

RN BA (Hons) BSc DipEd RNT DHYP Reiki Master Teacher

Nigel brings over 40 years of clinical experience as a registered nurse, teacher and clinical advisor to his practice and holds qualifications from the internationally respected *London College of Clinical Hypnosis* as well as Master Teacher Level in Eastern Reiki from Taggart King *Reiki Evolution* and a Diploma in EMDR from the *Dewar School*. Nigel has membership of the British Society of Clinical Hypnosis, practises within the codes of conduct of the Society and Nursing & Midwifery Council of the United Kingdom, maintains his professional development, carries full professional & business indemnity and enhanced DBS (CRB) certification for adults & children. Nigel founded the Leeds Hypnotherapy Academy.



Gillian Firth (Module Tutor)

RGN RM Cert Hyp DHyp

Hypnotherapy; Hypnobirth Practitioner

Gill also has many years of clinical experience as a registered nurse and midwife, acquiring skills of empathy and non-judgemental communication-essential attributes for hypnotherapists. Gill holds the Certificate and Diploma from the Internationally respected *London College of Clinical Hypnosis* and membership of the *British Society*, practising within its code and that of the *Nursing & Midwifery Council of the United Kingdom*. Gill runs a successful business - *Leeds AnteNatal Hypnobirthing*.



Alan Wormald (Course Manager)

BSc PGCert Ed DCR Diploma in Health Services Management

Alan also has an extensive NHS career spanning over 20 years as a clinical diagnostic radiographer and service manager. Prior to that he taught physics, chemistry and other sciences in schools and Higher Education institutions and worked in research. He was trades union representative for the *Society of Radiographers* and has a broad knowledge of administration and HR issues, having represented colleagues professionally within the health service.



Sam Bose (Module Tutor)

DHyp

Hypnotherapy

As a qualified Chartered Accountant with many years corporate experience, Sam is used to the challenges of highly pressured and stressful environments. Her passion for helping people led her to study Hypnotherapy. After gaining her Diploma in Hypnotherapy with the *Leeds Hypnotherapy Academy*, she has set up her own business Succeed With Hypnotherapy. Since qualifying Sam has worked with both corporate clients and individuals.



Corinne Henderson (Module Tutor)

DHyp

Hypnotherapy

Corinne started her career working for 20 years in corporate finance, however, her passion of exploring past and future lives through hypnosis then going on to use hypnosis to stop smoking, led to the discovery of a new field of interest eventually leading her to retrain and gain her Diploma in Hypnotherapy with the *Leeds Hypnotherapy Academy*. She has since set up her own business, Simple Change, leaving the corporate world to be fully dedicated to helping people overcome life's challenges. Corinne progressed to qualify as a Rapid Transformation Therapist Practitioner (RTT Marisa Peer School).



3 Teaching & Learning methods

Supporting learners throughout their learning journey, we're happy to discuss particular needs with individuals e.g., study methods, work commitments, disability support, fee arrangements etc. Teaching methods are varied and include:

- Classroom theory and practical study;
- Submission of 3 case studies and 1 essay (if programme requires)
- Private guided study;
- Group and individual tutorials;
- Minimum of three Clinical Supervision tutorials (if programme requires, fee payable);
- Submission of a portfolio of evidence;
- Practical classroom assessments;
- Summative theory and practical examination (if programme requires);
- All study materials will be provided;
- Any recommended texts should be purchased by the learner should they wish.

Knowledge & skills integration

A blended approach provides learners with relevant information about anatomy, physiology, psychology and presents symptoms and conditions. Safe, ethical treatment modalities linked to practical tutor-led sessions with learner participation, support & reinforce learning. Practising in pairs or small groups with tutor supervision, learners gain insight and experience working as therapist and client with feedback and discussion helping consolidate experiential learning.

Awards

Leeds Hypnotherapy Academy is accredited by the **GHSC (General Hypnotherapy Standards Council)**. The national Core Curriculum is agreed by the **Complementary & Natural Healthcare Council (CNHC)** who, along with **Skills for Health** and the **National Occupational Standards Framework**, set requirements for the programme content, delivery, assessment and duration. Currently standards are available for Clinical Hypnotherapy & Reiki programmes and we award Diplomas in Hypnotherapy (DHyp) & EMDR (DEMDR) to successful learners on these programmes and First Degree (Shoden), Second Degree (Okuden) & Third Degree (Shinpiden) and Master Practitioner & Teacher to successful candidates on the corresponding Reiki programmes.

Expected learning outcomes

Our programmes introduce learners to the relevant anatomy, physiology, psychology, history, theory and practice of the disciplines, teaching the fundamental techniques of safe work, progressing learners to more advanced skills for the treatment of presenting symptoms and safe, effective and ethical patient and practice management.

4 Course entry requirements

You DO NOT need

- any special qualifications-all educational backgrounds are welcome;
- any previous experience of hypnosis, Reiki or EMDR.

• You DO need

- a mature interest in helping people;
- to be over 18 years of age;
- a reasonable standard of written and spoken English (delivery and assessment of programmes is in English);
- to supply, if necessary, 2 character references (you will be working with vulnerable people);
- to attend and fully participate in all aspects of the programme including practical elements;
- to be interviewed prior to acceptance onto a programme;
- to take out indemnity insurance (usually by weekend 5 on hypnotherapy programmes);
- to join the professional body, where such a body exists;
- to consult your GP in some instances (as some medical conditions may need agreement from your GP prior to commencement on the course);
- to pay all fees promptly.

5 Membership of a professional body, indemnity & safeguarding

All learners on the Clinical Hypnotherapy programme must register and maintain registration with the GHSC throughout the programme. You must also hold professional indemnity insurance as you will be working with vulnerable people and possibly children. This will be discussed should you apply for the programme.

6 Code of conduct

All registrants are required to agree to the GHSC's terms and conditions. Acceptance on programmes constitutes agreement to the *Leeds Hypnotherapy Academy Code of Conduct*.

7 Equal opportunities

The LHA welcomes applications from potential learners with particular needs and these should be discussed at the application stage. It should be noted that adaptations may take some time to implement, so late applications may not easily be accommodated. Currently there are three steps to access the building.

8 Enrolment & fees

Once you have submitted your application:

- You may be invited for interview, which may be conducted digitally;
- You may be required to provide 2 written references;
- You may be recommended to consult your GP, if appropriate

When you have been accepted

- You must attend 100% of the programme you have joined in order to complete;
- You must complete all assignments and maintain a portfolio of evidence;
- You must participate in all practical elements;
- You can contact the tutors for support;
- Progress and achievement is continuously and summatively assessed;

Please note

- Hypnotherapy graduates are eligible to apply for entry to the GHR register;
- Course fees include all materials, tuition, administration, support, marking, assessment, certification, beverages and snacks (please bring a packed lunch);
- Fees **DO NOT** include compulsory supervision tutorials, insurance or books.
- Payment arrangements can be discussed prior to commencement.
- Late or non-payment of fees will result in suspension from the programme.

9 General Terms & Conditions

Fees include all course materials which become the property of the student upon full and complete payment. Programme material remains subject to copyright.

LHA will take reasonable steps to deliver advertised services but cannot guarantee this if circumstances beyond its control interfere with its ability to deliver said services including, but not limited to, government actions, war, riots, civil commotion or unrest, fire, flood, epidemic, pandemic, labour disputes, (including disputes involving workforces of third parties or act of God), then, in such cases, LHA undertakes to use reasonable measures to minimise disruption to services. However, LHA shall not be liable to the other parties for any failure or delay in performing its obligations, if failure or delay is due to causes beyond LHA's reasonable control.

Following enrolment, these Terms & Conditions shall constitute a term of contract between the learner and LHA. The offer of a place to you by LHA is made on the basis that, in accepting such an offer, you hereby agree to the incorporation of this notice as a term of any such contract.

The information in this prospectus is accurate at the time of publication but amendments may be made from time to time without notice, in relation to programmes, facilities or services available from, or provided by, LHA. (Changes will be published on the LHA website), where such changes are outside the control of the LHA.

A minimum number of enrolments is required to open a course. LHA reserves the right to withdraw or change a course, if there are insufficient enrolments.

10 Booking Terms and Conditions

A non-refundable deposit (either by cheque, electronic transfer to BACS) is required with the booking, and the monthly portion of the fee (if applicable) is payable at each weekend session or by negotiation with the Academy. Applications may be declined without explanation if an applicant is considered unsuitable for the programme.

Late or non-payment of the fees could result in the candidate being suspended or terminated from the programme. **Please** discuss with the course director should you have difficulty making payment on time.

Programme details are correct at time of publication but from time to time it may be necessary for changes to content, date or venue to be made-sometimes at short notice. Should details change from those advertised then applicants will be notified and they may apply for a refund of the programme fee if appropriate.

Certification (to successfully completing candidates) will be at the end of the programme.

Applicants not completing the stipulated hours and elements of learning (either due to illness or other reasons) may be required to attend further training on the next course to make up the deficit.

11 Cancellation & refund policy

Places are limited so, in common with similar organisations we operate a cancellation policy. Once your non-refundable deposit is paid you are liable for the full fee unless we receive written notification of cancellation or inability to attend the booked programme at least 4 weeks prior to the commencement date. Once your place is confirmed, the deposit is non-refundable unless the programme is cancelled. Provided notification is received more than four weeks prior to the start of the programme, the deposit may be carried forward to the next training programme.

No refund will be made for non-attendance on the programme, except in exceptional circumstances and at the discretion of the director.

If the programme is cancelled by us then a full refund of any paid fees will be made but LHA will not be liable for any additional expenses incurred by students.

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12 Practitioner governance & principles of good practice

The Complementary & Natural Healthcare Council (CHNC) and Skills for Health are regulatory bodies setting standards for training, skills and behaviours within the professions & sectors. It is important that programmes such as those run by the Leeds Hypnotherapy Academy are validated and regulated by authoritative bodies (where such bodies exist) such as the GHSC. The Principles of Good Practice describes the ways in which practitioners should demonstrate good practice across all of their work.

Practitioners working in complementary and natural healthcare should demonstrate:

1. That they participate in regular and appropriate formal supervision;
2. An understanding of the philosophy and principles underpinning their discipline;
3. An understanding of current legislation and policy as it applies to their discipline;
4. Respect for clients' dignity, privacy, autonomy, cultural differences and rights;
5. Regard for the safety of the client and themselves;
6. That they learn from others, (clients and colleagues), continually developing knowledge, understanding and skills through reflective practice and research findings;
7. An awareness of their own and others' emotional state and responses, incorporating such awareness into their own practice;
8. That they communicate clearly, concisely and in a professional manner;
9. That they work with confidence, integrity and sensitivity;
10. That they undertake systematic, critical evaluation of their professional knowledge;
11. That they work within their scope of practice, experience and capability at all times.

13 Achieving outcomes in programmes aligned to National Occupational Standards

Learners must attain the National Occupational Standards as evidence of their learning outcomes. The Leeds Hypnotherapy Academy provides learners with evidence matrix templates for aligned programmes, which must be completed and submitted as part of the final evidence for completion of the programme. Each learning (what you need to know) and performance (what you need to do) outcome is evidenced from a variety of sources e.g. witness or expert testimonies, personal reflective accounts, product evidence, observed practice etc. Qualified assessors will guide and support learners to provide evidence, much of which will be gathered during classroom and tutorial sessions.

Case studies & essays are submitted as part of the evidence requirement.

It is important that learners understand that evidence must be submitted which meets the requirement of the standards and a portion of learning time will be used to help learners understand the best ways to present evidence economically and effectively.

Each outcome is met during learning sessions, when learners work in groups and individually. Realistic scenarios along with history taking, scene setting & role-play are used in therapeutic simulations if appropriate to the required learning outcomes.

Other knowledge outcomes will be achieved with group or individual discussions, submitted written work, question and answer sessions, quizzes etc.

14 Exit skills

Upon completion of the programme successful learners will have sufficient underpinning knowledge and skills to commence professional practice under supervision and be eligible for acceptance as members of accredited professional bodies.



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Our programmes are delivered around part time weekend study and guided personal study, maximising attendance opportunity for people working weekdays or with family or other commitments. They are structured to enable learners to enter the professions as competent but inexperienced practitioners. Learners must attend for the prescribed number of modules and are expected to participate entirely in all practical aspects of the course. Learners are expected to undertake personal private study, group work and supervision / tutorial sessions and to submit a portfolio of evidence and course work at regular intervals (as prescribed by each programme). Ongoing assessment throughout the programme with formal summative examinations and assessment during the final weekend of the programme are mandatory in the Clinical Hypnotherapy programme).

These programmes will appeal to healthcare professionals, complementary therapists, stay at home parents, and those wishing to embark on a new career or have another income stream, or simply to those interested in exploration of a new and exciting discipline). You can also usually practise from home once qualified.

Participants learn powerful techniques which can facilitate the change process, coupled with the treatment of presenting symptoms. Learners develop and apply knowledge to practise in a safe, ethical context and are expected to read recommended course materials in advance as well as wider reading in journals and books. Learners are expected to attend the required number of tutorials (where prescribed by the programme). Modules are assessed formatively and summatively by formal written assessment, live role-play interventions with colleagues, tutorials, essays, short answer papers, case studies and examination if relevant to the subscribed programme.

Core programme elements

Programmes are structured around the **National Standards for Hypnotherapist Training** that are mapped (in the case of The Clinical Hypnotherapy & Reiki programmes) to the **National Occupational Standards Framework**, thus meeting the requirements of the **Complementary and Natural Healthcare Council** (the Profession's Voluntary Register) for individual practitioners registered since 1st September 2012. On successful completion of a prescribed period of study the standardised and validated award will allow affiliation with the UK's largest Professional Association for practising Hypnotherapists

The Core Curriculum of such programmes is split into theoretical and practical elements.

15 Practitioner in Clinical Hypnotherapy

Hypnosis as a therapy

Hypnosis is a natural state known and used for millennia, becoming more popular in the 19th and early 20th centuries and gaining recognition as part of the developing science of psychotherapy. Subjects become more open to suggestion in the trance state (an altered level of consciousness), and in this state changes in undesirable, maladaptive or problem behaviours, psychological or physical conditions and responses may be made.

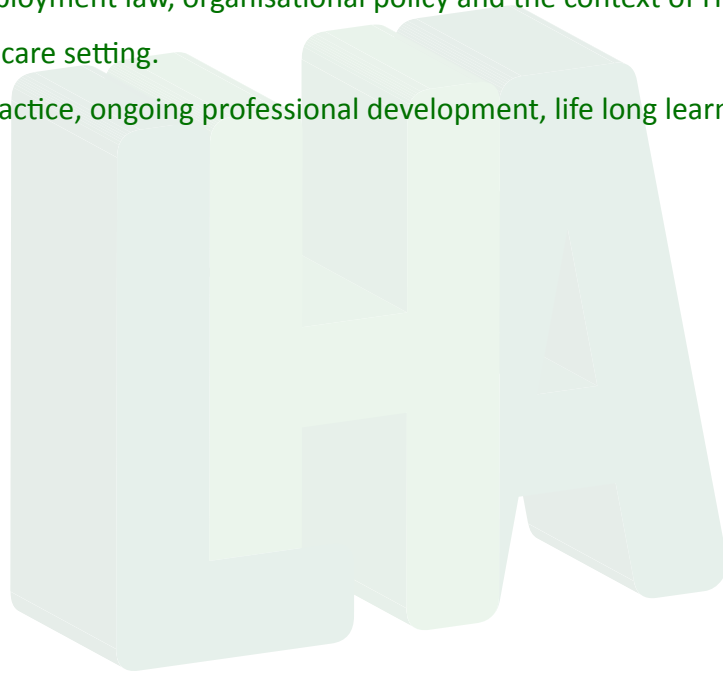
You will learn to be a safe practitioner, able to treat a wide range of conditions and symptoms arising from physical, emotional or psychological root causes on a condition / treatment based approach, utilising a range of modalities for optimum resolution of the presenting symptoms which fit not only the client and condition as a unique entity, but your own unique developing style as a therapist.

A. Practical Elements

- Development of rapport and a professional relationship, whilst recognising boundaries and responsibilities to protect client and therapist. Communication channels leading to effective communication including effective use of voice and utilisation of clients' language and concepts. Implied and informed consent.
- Direct and indirect trance induction. Deepening appropriate to client need and testing of trance depth.
- Trance termination, re-orienting and post hypnotic suggestion.
- A range of therapeutic interventions, treatments and techniques.
- Assessment of clients' needs, valid and reliable information gathering, confidentiality and its exceptions. Use of this information in the formulation of an appropriate, acceptable and realistic treatment strategy, using ongoing information to evaluate and modify treatment with the client.
- Effective and healthy functioning and well-being and how the client's whole emotional well-being, including stress, anxiety, confidence and self esteem link to the behavioural change, phobia etc and how health, beliefs, preferences, abilities and disabilities may affect function and their relevance to a treatment plan.

B. Theoretical Elements

- The history and development of modern hypnosis and its uses and benefits.
- The science of hypnosis, anatomy, physiology, mind, stress responses, psychosis.
- Psychology including psychodynamic, humanistic and cognitive and behavioural approaches and how key theories relate to therapeutic approaches.
- How hypnotherapy fits in with the wider healthcare field, as a part of the whole care package and knowing when not to treat a client.
- Keeping records, data protection, practice management.
- Professional Codes of Practice, Ethics, Training and Standards.
- The Law, Health & Safety, Children Act, Standards in Advertising, keeping current and up to date. Employment law, organisational policy and the context of Hypnotherapy in the wider healthcare setting.
- Reflective practice, ongoing professional development, life long learning & supervision.



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450 learning hours.

Each weekend day is 8 hours (including a 45 minute break) in a blended learning format.

Submission of 3 written Assignments

3 Tutorial / Supervision sessions ((£30 per session)

3 Summative Examination Papers

All learning materials, and assessment costs are included in the programme cost

Module 1 Weekend 1

First Induction
Structure of assessment
Assignment guidance
Examination format
Policies & governance
Theories & history
Brain, mind & body
Contraindications & risks
Inductions 1
Deepeners 1

Laws of Suggestion
Auto hypnosis
Rapport voice, & language
Ideomotor responses
Manipulating distractions
Inductions 2
Deepeners 2
Resistance to induction
Abreaction & monitoring
Hypnotic Phenomena

Module 2 Weekend 2

Post Hypnotic Induction
Post Hypnotic Suggestion
Eriksonian Approaches
Preparation & consent
Inductions 3
Formal & Informal states
Direct or Indirect
Permissive or Authoritarian?
Locus of Control

Authoritarian Techniques
Inductions 4
Ego Strengthening
Building confidence
Indirect Suggestion
Favourite Safe Place
IMR Therapy
Early Learning Set
VAKG Modalities

Module 3 Weekend 3

YES Set
The Negative & The Not
Inductions 5
Health safety & wellbeing
Problems & goals
Holistic patient care
Practice & insurance
Symptom manipulation
Freud
Transference & Counter
Transference

Patient empowerment
Some ideas from NLP
Distortions, Deletions &
Generalisations
Eye Accessing Cues
Learning
Dissociation 1
Deepeners 3
Direct Suggestion
Nail Biting & Reverse
Suggestion
Bruxism & Snoring

Module 4 Weekend 4

Evaluate hypnotherapy
requests
Explanations & fees
Taking histories
Prioritising needs
Agree therapy plans
Record keeping
Onwards referral to others
Diagnostic Trance
Regressions 1
Jung

Dissociation 2
Truisms & time
Barriers to therapy
Regression 2
Revivification
Sleep & dreams
Stop Smoking
Adler
Psychotherapy
Performance Anxiety
Phobic disorders 1
Hypnodesensitisation

Module 5 Weekend 5

Weight management
Dissociations 3
Not Knowing Not Doing
Open Ended Suggestion
Garden Script
Gestalt
Rebirthing

Inductions 6
Pain management
Pseudo orientation 1
Digestive disorders
Compound Suggestions
Regressions 3
Skin disorders
SIDS

Module 6 Weekend 6

Ethical Dilemmas
Control Room of the Mind
Rogers
Monitoring, reflecting &
evaluating outcomes
NOWwww Conditioner

Therapy process & stages
Inductions 7
Deepeners 4
Reversing Subjective Time
Dystonia
OCD
Addictions
Inner Child Work

Module 7 Weekend 7

Asthma
Modifying patterns
Wise Old Person
Pseudo orientation 2
Parts Therapy
1 & 2 Stage Dissociation

Erythrophobia
The Mask
Suggested Amnesia
Paranoia
Psychosexual disorders

Module 8 Weekend 8

Inductions 8
Deepeners 5
Tinnitus
Sports & performance
Phobic disorders 2
Panic disorder

Obstetrics & birth
Hypnobirthing
Fertility
Working with children
Braiding Process
Nocturna enuresis
Safeguarding

Module 9 Weekend 9

Hypnodrama
Hallucination
Working with Past Life
Reframing
Alternative Futures

Depression
Inductions 8
Memory
Memory Substitution
Bereavement
Sleep & parasomnias

Module 10 Weekend 10

Metaphor
Hypnodontics
Script writing

REVISION

EXAMINATION
Part 1 (1.5 hours)
6 short answers
PART 2 (1.5 hours)
Therapy Paper
PART 3 (30 minutes)
Practical Assessment

16 Reiki Programmes

Reiki as a therapy

Reiki is generally agreed to be a natural, universal, energy healing system developed in Japan early in the 20th century and understood to promote self-healing. Free flow of Reiki energy is believed to promote balance, harmony, wellbeing and the body's natural ability to heal itself on physical, mental, emotional and spiritual levels. It is open to interpretation on any or no belief system and can benefit anyone especially with stress-induced conditions. **However, it should not be regarded as a diagnostic or curative system, rather as a support and enhancement of other treatments.**

National Occupational Standards for Reiki require practitioners to have a Reiki lineage traceable directly to Mikao Usui and to have been attuned/initiated/empowered in person.

Each Degree or Level can be taken individually, and whilst each Degree will be compliant with the National Occupational Standards, learners will not be considered fully compliant with the standards and eligible for registration until all the Degrees and learning hours / elements have been achieved.

You will learn to be a safe practitioner, able to treat a range of conditions arising from physical, emotional or psychological root causes on a condition / treatment based approach, utilising a range of modalities for optimum resolution of the presenting symptoms which fit not only the client and condition as a unique entity, but your own unique developing style as a therapist.

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A. Practical Elements

- Check the environment meets the client's needs.
- Ensure equipment & materials are ready for use and meet professional codes of practice, legal and organisational requirements.
- Prepare yourself appropriately to provide Reiki treatment.
- Position the client for effective Reiki treatment and give as much comfort as possible.
- Provide Reiki treatments to clients safely and correctly.
- Make appropriate adjustments to meet any changing needs.
- Deal effectively with client's response to Reiki treatment.
- Check the client's wellbeing throughout and give reassurance where needed.
- Provide clear, accurate advice regarding any relevant aftercare and self care.
- Evaluate the outcomes and effectiveness of Reiki treatment to inform future plans and actions.
- Complete and maintain records in accordance with professional and legal requirements.

B. Theoretical Elements

- Concept of physical, emotional, mental and spiritual health and wellbeing that is consistent with the practice, principles and theory underlying Reiki.
- History and development of the Reiki styles practised.
- Reasons for having received person to person attunement / initiation / reiju / empowerment for Reiki prior to practising in a professional context.
- Principles behind Reiki systems (context) and Reiki energy (flow).
- Importance of the practitioner using self-treatment.
- How to carry out Reiki treatment according to style, systems & teachings.
- How to choose most appropriate "way" to meet the client's needs.
- The teacher's lineage to Mike Usui.
- The range of possible recipients for the Reiki style (e.g. animals, humans, plants) and any restrictions to practice (e.g. veterinary, legal).
- Relationship of Reiki treatment to other healthcare practices.
- That there are no known contraindications to Reiki treatment when used on its own.

- Relationship of Reiki treatment to other healthcare practices.
- That there are no known contraindications to Reiki treatment when used on its own.
- The types of Reiki practice:
 - a. hands on the body;
 - b. hands near the body;
 - c. from a distance.
- The importance of explaining Reiki treatment to the client.
- Factors to explore with the client including:
 - a. history of the client's health, effective functioning and physical, emotional, mental and spiritual wellbeing including any particular conditions and treatments.
 - b. how the client perceives Reiki to fit in with their personal goals.
- The role which the client (and others) may take and may need to take, if the Reiki treatment is to be beneficial and how to explain and agree them with the client (and others).
- How to support the client to make informed choices.
- The importance of agreeing location and timing of Reiki treatment with the client and the factors which may intervene and alter plans.
- How to acknowledge conditions for which Reiki treatment may be incomplete in itself and for which the client should seek advice from other sources.
- The circumstances when the practitioner may choose not to accept a client:
 - a. the client does not want Reiki;
 - b. the practitioner determines that providing Reiki treatment would not be appropriate;
 - c. the client has an urgent medical need.
- The circumstances in which discernment is required when accepting a client:
 - a. the practitioner does not have the requisite experience or expertise;
 - b. where medical referral is essential.
- How to tailor Reiki treatment appropriately for the needs of each individual.
- How to monitor and evaluate changes in the client and use this information to inform future practice.
- The importance of active listening in providing and evaluating Reiki treatment with the client.
- How to evaluate the efficacy and suitability of Reiki treatment with the client and whether to continue treatment.

- Potential outcomes of Reiki treatment:
 - a. healing responses;
 - b. changes in the client's physical, emotional, mental and spiritual wellbeing;
 - c. maintenance and stability;
 - d. possible need for reassessment of medication by prescriber.
- The advice which may be given with regard to:
 - a. rest and relaxation;
 - b. rehydration;
 - c. possible use of self help techniques;
 - d. onward referral as relevant;
 - e. possible ongoing, intensifying or reduction of symptoms in the short term.
- The importance of not becoming attached to specific outcomes.
- The skeletal structure and functions. locations of major organs.
- Physical conditions to identify how to carry out Reiki treatment appropriately.
- Physical conditions in sufficient detail to communicate effectively with the client and or other stakeholder.
- Red flag symptoms (i.e. conditions requiring immediate medical aid and or notifiable diseases.
- The importance of appropriate and professional behaviour towards the client including confidentiality, boundaries, codes of conduct and ethics.

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240 learning hours.

Submission of 3 written Assignments

All learning materials, marking and assessment costs are included in the programme cost

Each weekend day is 8 hours (including a 45 minute break) in a blended learning format.

**Shoden
(1st Degree)
Weekend 1**

Introductions to Reiki
Usui Mikao
Introduction to Energy
Principles Pillar Precepts
Attunements Empowerments
Kanji Hand Positions
Preparation ofr Reiki
Experiencing Reiki

Chakras
Hand Positions for Reiki
Self Reiki
Enhancing Practice
Reiki Lineage
Hatsu Rei

**Okuden
(2nd Degree)
Weekend 2**

Introduction to Symbols
Ranji
Working with Symbols
Cho Ku Rei
Sei He Ki
Hon Sha Ze Sao Nen

Distant Healing
Grounding Symbol
Triangles
Reiki for Children & Animals
Group Healing
Attunements Empowerments

**Shinpiden Master Teacher
(3rd Degree)
Weekend 3**

Introduction to Master /
Teacher level
Preparation for Attunement
Empowerment
Further use of Symbols
Personal Development
Intuition & Meditation
Advanced Reiki Techniques i
Intention
Intuition
Self Healing

Advanced Reiki Techniques ii
Psychic Surgery
Crystals
Charging Objects with Reiki
Understanding Attainments
Empowerments
Undertaking Attunements
Empowerments
Preparation to Teach
Teaching Reiki

NB

Leeds Hypnotherapy Academy provides Reiki programmes that are aligned to the current National Occupational Standards and we are currently seeking validation & accreditation of these programmes. Each Degree can be studied as a stand alone programme and there is as yet, no restriction on practitioners setting up a practice without being taught to the National Occupational Standards. However, on Completion of all three Degrees, successful learners will be eligible for accreditation with National Overseeing Bodies, once Leeds Hypnotherapy Academy is validated.

ACADEMY

17 Eye Movement Desensitisation & Reprocessing (EMDR) Programmes

EMDR as a therapy

EMDR (Eye Movement Desensitisation and Reprocessing) is a comprehensive psychotherapy that helps the client process and recover from past experiences that are affecting their mental health and well-being and it uses specific and rhythmic eye movements combined with talk therapy in a specific and structured format.

EMDR aids the processing of negative images, emotions, beliefs and body sensations associated with traumatic memories that seem to be stuck and which can contribute to a range of mental health problems.

EMDR helps the client see things from a different perspective and thus relieves the presenting symptoms. This often results in the dramatic transformation from someone who is constantly reminded of a traumatic memory and all of the negative symptoms, to feeling like it is behind them, it is a way of kickstarting the natural healing and recovery process after a traumatic experience.

You will learn to be a safe practitioner, able to treat a range of conditions arising from physical, emotional or psychological root causes on a condition / treatment based approach, utilising a range of modalities for optimum resolution of the presenting symptoms which fit not only the client and condition as a unique entity, but your own unique developing style as a therapist.

14 learning hours.

All learning materials, marking and examination costs are included in the programme cost

Each weekend day is 8 hours (including a 45 minute break) in a blended learning format.

Eye Movement Desensitisation & Reprocessing (EMDR) Programme

Introductions to EMDR

Principles

Memory networks

Emotional trauma

Nodes & targets

Eight Step Protocol

History & treatment planning

Contraindications

Anchoring

Safe Place

SUDs calibration

VOC calibration

Step by step EMDR therapy

Supervised practice

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