



The course covers an extensive range of Hypnotherapy and Non-Hypnotherapy techniques– because hypnosis is contraindicated for some individuals.

This is a full list of the bullet points to add to both if space permits or I'm happy for it to be one document, instead of two.

What makes this qualification remarkable -

- IKON's Diploma of Clinical Hypnotherapy is one of very few Hypnotherapy qualifications that is full time experiential study – if a student really intends to learn and master the craft, face to face training with an experienced trainer far outweighs an online acquisition of knowledge.
- This nationally recognised diploma qualification has been developed by a practicing hypnotherapist with considerable knowledge and practical experience in hypnotherapy, transpersonal counselling and business management (degree in economics and accounting). So it is geared not only to train Hypnotherapists. It is geared to train students to become successful practitioners. Our last module "Manage a Practice" gets excellent reviews primarily because it is training in another skill set which is quite a different to the skill set for being a Hypnotherapist. It is an important part of what makes the course remarkable - because it was written by someone who knows how to successfully "manage a business".
- This is the only Diploma of Clinical Hypnotherapy in Australia which trains students in Clinical Hypnotherapy, and in a Person Centered, Transpersonal context.
- The steering committee supporting the writing of this Diploma of Clinical Hypnotherapy was comprised of experts in their field: comprising 4 Clinical Hypnotherapists, 2 Psychologists, an Assoc. Prof of Education, and a M. Ed. Educator. One of the 4 Clinical Hypnotherapists was the Secretary of the Australian Hypnotherapists Association.
- And finally, work as a therapist requires the practitioner to have done work on him/herself first, i.e. personal transformation. Personal growth cannot be assessed in the same way that other skills are assessed in terms of competency. However, it is the golden thread which runs through the course – a lived experience of personal growth, which is evidenced in competent, confident and self-aware facilitators of change.



## Outline of Hypnotherapy Techniques and Processes in the Diploma of Clinical Hypnotherapy 22208VIC

Scenario - Issue - Problem	Hypnosis- Hypnotherapy	Cognitive - Counselling - Non-hypnotherapy
Problems with <b>Anxiety</b> as a cause/issue or contributing factor in origin or matience of problem.	Hypnosis and Suggestion- Mod 1	REBT - ABCDE model- Mod 2
	FRT RR 3,2,1 (applied in the Hypnotic State) - Mod 7	CBT - Cognitive Model - Mod 2
	Ericksonian Fast Fear Model - Mod 7	TA- Parent-Child conflict - Mod 2 TA- watch for Rackets - Mod 2 TA - check Scripts - Mod 2
	Systematic desensitisation (applied in the Hypnotic State) -Mod 7	Gestalt (Unfinished Business) Mod 2 Gestalt (Exaggeration) Mod 2 Gestalt (Staying with Feeling) Mpd 2 Gestalt (Empty Chair) Mod 2
	Ego State Therapy (working with parts, where a 'part' might be behind the axiety state) Mod 4	NLP Anchoring (and Blending) - Mod 5 NLP Reframing - Mod 5 NLP Swish Technique- Mod 5 NLP New Behaviour Generator - Mod 5 NLP Change History - Mod 5
	Ideomeotor Questioning Therapy (working more specifically with childhood primitive emotions, which may be behind the anxiety state) Mod 4	FRT RR 3,2,1-Mod 7
	Hypnotic Empty Chair (from Gestalt Iin Personality Theories- Mod 2	Freeze Frame-Mod 7
	Fantasy Door Technique (for uncovering anxiety i.t.o hypnoanalysis)- Mod 6 and Script for FDA on Mod 6	Systematic desensitisation - Mod 7
	Regression Therapy to traumatising event (ISE or COEX)- Mod 6	EFT-Mod 7
	Past Lives Therapy (and Christos Technique) where applicable- Mod 6	EDMR - Mod 7
Focussing Technique (in hypnotic state) - Mod 8	Focussing Technique- Mod 8	



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Issues at the <b>Sub-Personality</b> level; Intra-psychoic tensions; P/A/C conflicts	Ego State Therapy (working with parts, where a 'part' might be behind the anxiety state) Mod 4	REBT-ABCDE model (specifically de-catastrophising)- Mod 2
	Ideomotor Questioning Therapy (working more specifically with childhood primitive emotions, which may be behind the anxiety state) Mod 4	CBT - (specifically magical thinking) - Cognitive Model- Mod 2
	Hypnotic Empty Chair (from Gestalt in Personality Theories) - Mod 2	TA- Parent-Child conflict - Mod 2 TA- watch for Rackets - Mod 2 TA - check Scripts - Mod 2
	Regression Therapy to traumatising event (ISE or COEX)- Mod 6	EFT- Mod 7
	Abstract Regression Therapy (and Christos Technique) where applicable - Mod 6	EMDR - Mod 7 p.41
	Hypnosis and Suggestion for ego strengthening - Mod 1	

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Realising ones <b>destiny/potential</b> in terms of <b>superconscious resonance</b>	Charka Diagnostic (uncovering) - Mod 8	Practicing Mindfulness
	Guided imagery for Mind-Body healing (and transcending the domain of thought)- Mod 8	Process Work- 1 <sup>st</sup> & 2 <sup>nd</sup> Attention
	Myth and Archetype (working through the Superconscious) - Mod 8	Working with the Dreaming Body
	Regression Therapy to traumatising event (ISE or COEX)- Mod 6	EFT- Mod 7
	Abstract Regression Therapy (and Christos Technique) where applicable - Mod 6	EMDR - Mod 7 p.41
	Past Lives Therapy (and Christos Technique) where applicable- Mod 6	



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Therapy strategies for management of <b>Pain</b>	Elman rapid induction technique and dissociation	REBT-ABCDE model (specifically de-catastrophising)- Mod 2
	Hypnosis and Direction suggestion - Mod 1	FRT RR 3,2,1 - Mod 7
	Ego State Therapy (working with parts, resolve inner conflicts about the pain)- Mod 4	Affirmations (Emile Coue)
	Guided imagery for Mind-Body healing (and transcending the domain of thought)- Mod 8	

Scenario - Issue - Problem	Hypnosis- Hypnotherapy	Cognitive - Counselling - Non-hypnotherapy
Therapy strategies for working with <b>Alcoholism</b> and alcohol addiction	<u>Session One:</u> Case history- in counselling process establish if the client is likely to be open to the (revised) AA Model. If not, contextualise in terms of Ego State. Important to fix responsibility.	Check nutrition Hypoglycemia- eliminate sugar Supplements: A, B-12, Folic Acid
	<u>Session Two:</u> Guided Imagery of unblocking the river and in hypnosis, 1 <sup>st</sup> three statements from AA. Also: FRT RR 3,2,1 (applied in the Hypnotic State) - Mod 7	Read: Seven Weeks to Sobriety
	<u>Session Three:</u> In hypnosis, review, 1 <sup>st</sup> three statements from AA, and go through remainder 9 statements/steps	



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Therapy strategies for working with <b>Children</b>	Ericksonian Utilisation & Metaphor - Mod 6	Sleep talk for Children (Joanne Golding) <a href="https://www.youtube.com/watch?v=rWP_drnpjGw">https://www.youtube.com/watch?v=rWP_drnpjGw</a>
	Hypnosis and Direction suggestion - Mod 1	REBT-ABCDE model (specifically de-catastrophising)- Mod 2
	Hypnosis and guided reverie or imagination- Mod 1	

Scenario - Issue - Problem	Hypnosis- Hypnotherapy	Cognitive - Counselling - Non-hypnotherapy
Therapy strategies for <b>Gambling</b> addictions	<u>Session One:</u> Case history - in counselling process establish if the client is likely to be open to the (revised) AA Model. If not, contextualise in terms of Ego States. Important to fix responsibility.	REBT - ABCDE model (specifically challenge irrational thinking - Mod 2 Discuss hypnotic loops in pokies if applicable.
	<u>Session Two:</u> Ego State Therapy (working with the part responsible for the compulsive behaviour) Mod 4 Hypnosis and Direct suggestion to disconnect "trance-loops"-Mod 1	
	<u>Session Three:</u> In hypnosis, review, 1 <sup>st</sup> three statements from AA, and go through remainder 9 statements/steps Hypnosis and Direct suggestion to disconnect "trance loops" - Mod 1	
	Myth and Archetype (working through the Superconscious) "caregiver Archetype" (and also) the "Destroyer Archetype" to replace the subliminal archetype implicit in pokies - Mod 8	



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Scenario - Issue - Problem	Hypnosis- Hypnotherapy	Cognitive - Counselling - Non-hypnotherapy
Therapy strategies for smoking addiction	<u>Session One:</u> Case history - in counselling process establish the motivating part and especially the maintaining part to speak. FRT RR 3,2,1 (applied in the Hypnotic State)- Mod 7 BT (brief therapy)- Mod 2	Check nutrition- ensure client is drinking enough water. Check levels of Omega 3 fatty acids, vitamin B, vitamin C, iron and protein. Almonds for nicotine withdrawal. Drink herbal tea with some lemon. Avoid sugar, coffee, caffeinated tea, and energy drinks for first week. Eat lots of fresh fruit and drink fruit juices for the first 24 hours.
	<u>Session Two:</u> Guided Imagery of unblocking the river in hypnosis, 1 <sup>st</sup> three statements from AA. Also: FRT RR 3,2,1 (applied in the Hypnotic State) - Mod 7	
	<u>Session Three:</u> In hypnosis, review, 1 <sup>st</sup> three statements from AA, and go through remainder 9 statements/steps Hypnosis and Direct suggestion to disconnect "trance loops" - Mod 1	
	Myth and Archetype (working through the Superconscious) "caregiver Archetype" (and also) the "Destroyer Archetype" to replace the subliminal archetype implicit in pokies - Mod 8	



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Therapy strategies for <b>weight loss</b>	<p><u>Session One:</u> Case history - in counselling process establish the motivating part and especially the maintaining part. Allow the maintaining part to speak. FRT RR 3,2,1, (applied in the Hypnotic State)- Mod 7 BT (brief therapy)- Mod 2</p>	<p>Advisable to have client approved diet plan with medical doctor. Client should have a strategy/plan for food intake, and a strategy/plan for exercise. Hypnosis will be built around suggestions for eating healthily and in proper quantities.</p>
	<p><u>Session Two:</u> Review outcomes of BT (brief therapy)- Mod 2 Ego State Therapy (working with the part, responsible for the compulsive behaviour) Mod 4 OR Regression Therapy to (ISE or COEX)- Mod 6 Hypnosis and Direct suggestion to disconnect "trance-loops" implicit in mechanical eating behaviour- Mod 1</p>	<p>REBT-ABCDE model (specifically challenge irrational thinking)- Mod 2</p>
	<p><u>Session Three:</u> Review progress and apply hypnosis. Image substitution technique (2nd image three dimensional holographic; receding and desired (slim) image approaching to full size; remember to merge and resonate.</p>	
	<p><u>Session Four:</u> Review progress and apply hypnosis &amp; deepen the Neo-Ericksonian technique- Mod 7</p>	
	<p><u>Session Five:</u> Myth and Archetype (working through the Superconscious) "Caregiver Archetype" (and also) the "Destroyer Archetype" to strengthen resolve and resource for maintaining new eating behaviour0 Mod 8</p>	



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<b>Uncovering Techniques</b> i.e Hypnoanalysis	Automatic handwriting- Mod 6	Free association- Mod 6
	Hypnotic drawing & art therapy- Mod 6	Crystal / mirror gazing- Mod 6
	Hypnotic crystal/mirror gazing- Mod 6	Focusing- Mod 8
	Hypnotic jig-saw puzzle- Mod 6	Process Work- Mod 8
	Theatre visualisation technique- Mod 6	
	FDA Fantasy Door Approach- Mod 6	
	Chakra Diagnostic- Mod 8	
	Dream induction- Mod 8	
	Guided imagery for Mind-Body healing (and transcending the domain of thought) - Mod 8	