IKON is Australia’s leading, specialist provider of therapeutic and human services training and is dedicated to advancing knowledge and understanding in humanistic studies through vocational and higher education, leadership and practice.

The IKON Institute aims to produce graduates who are enabled to continually develop their own potential, and whose skills, knowledge and therapeutic client-centred practice contribute to the creation of an international community of people and practitioners committed to social change, community building and individual healing.

At IKON, you’ll gain more than a nationally recognised qualification, you’ll gain a rewarding career where you can make a positive difference in your life and the lives of others.

What is Clinical Hypnotherapy?
Clinical hypnosis is a process where a person receives hypnotherapy under the guidance of a qualified Hypnotherapist, with the aim of changing his/her behaviour, emotional content and attitudes. Clinical hypnosis is used as part of a treatment toward mental health and wellbeing and can be used for medical and/or psychological purposes.

Psychological applications include using hypnosis for anxiety control, motivation training, attitude change, self-esteem, self-confidence, depression, eating disorders, fears and phobias, memory training, nail biting, panic and performance anxiety, sexual dysfunction, sleep disorders, stuttering, study problems, trauma counselling, thumb sucking and to stop smoking. Hypnosis can be used for just about anything because the program can be tailored to the clients individual needs.

The Diploma of Clinical Hypnotherapy at IKON
Hypnosis is an exciting and relevant qualification in the field of therapy and counselling. This Diploma of Clinical Hypnotherapy at IKON embraces the clinical, humanistic and transpersonal approaches to the practice of Hypnotherapy. The Diploma of Clinical Hypnotherapy is a nationally accredited qualification, which has been designed to equip you with the knowledge and skills required to practice as a Clinical Hypnotherapist and to gain membership in the Australian Association of Clinical Hypnotherapy and Psychotherapy (AACHP) and the Australian Hypnotherapists Association (AHA).

Graduate Outcomes
This course is relevant to individuals who wish to enter private Clinical Hypnotherapy practice, or who wish to work in organisations providing such therapeutic services, such as: government agencies, alcohol and drug rehabilitation centres, community health centres, outreach and residential services, refugee support services, youth centres, women’s clinics, men’s health centres, corrections and many other human services environments.
• applicants are required to undertake an assessment interview and a writing task to determine if there are attendant contraindications to undertaking study in this course.
• hold a current Working with Children Check and a Police Check

Applicants would be asked to submit a 500 word statement outlining the reasons for applying to do a Diploma of Clinical Hypnotherapy prior to an interview.

Required Resources
There are required resources (texts and relevant websites) for this qualification. Trainers will provide additional learning material where gaps are identified in either the participant’s underpinning knowledge or the training resources.

Recognition of Prior Learning (RPL)
RPL is a process whereby knowledge and skills you already have may be recognised, irrespective of where or how they were acquired. Applications for RPL must be submitted and assessed PRIOR to enrolling in the course.

Tuition Fees
Please contact IKON to confirm the current tuition fees or visit our website www.ikoninstitute.edu.au

Payment Options
This qualification is not currently on the eligible student loans list. Alternative payment methods include;
1. Full upfront payment
2. Payment through an external student loan (i.e. with a financial institution)
MODULE 1
Apply Self-Hypnosis and Hypnotic Techniques

This module is the starting point for the study of Hypnotherapy, dealing with Self-Hypnosis and Hypnotic Method. It covers a broad range of essential historical and practical knowledge, as a context for acquiring the skills for performing hypnosis. In particular, it focuses on fundamentals of hypnotic induction, developing skill in hypnotising oneself and to teach self-hypnosis to a client. The module covers:

- Theoretical frameworks
- Risk in using hypnosis and when hypnosis is contraindicated
- Susceptibility and personality formation
- A range of hypnotic inductions
- A range of deepening techniques
- Formulation and delivery of suggestion
- Self-hypnosis and self-suggestion

MODULE 2
Apply Personality Theory in Hypnotherapy Practice

Effective hypnotherapy practice requires some knowledge and understanding of the structure and organisation of personality, i.e. Personality Theory (aka “Paradigms”). Personality theory provides the context for the application of specific techniques and fundamental knowledge supporting techniques and processes which will be learned later. Whilst there are many valuable Personality Theories, there are four such theories which specifically support hypnotherapy practice, as contextualised within the framework of the developmental four forces in psychotherapy. The four personality theories include:

- Cognitive Behavioural Therapy
- Transactional Analysis
- Gestalt Therapy
- Person Centered Counselling

MODULE 3
Apply Holistic Counselling in a Range of Contexts and Communicate Effectively with Clients

Counselling and hypnosis are complementary fields, each containing a component of the other in its theoretical and practical applications in the clinical setting. Module three covers the skills required to establish and maintain effective communication with the client throughout all interactions, and to provide basic counselling as required and as appropriate to facilitate treatment and/or process.

There are different approaches to counselling, including instructive, interventionist, and other more passive forms of counselling. Our focus is on passive or reflective forms of counselling, leaving the more active techniques to the hypnotherapy sphere of the course.

There are two competencies in this module (VU20893 and HLTCOM404C) which provide the student with a working knowledge of counselling. They are delivered holistically, and upon completion of this module, the student will receive credit for the two units of competency.

 INCLUDED IN THIS MODULE:

- Theoretical and operational frameworks
- Models of mental health and mental health practitioners
- Psychonutrition
- Psychopharmacology
- Underlying common theme in Counselling
- Learn to provide basic counselling to facilitate treatment

MODULE 4
Use Parts Therapy Applications in Hypnotherapy Practice

In this module, students begin to apply the personality theories (paradigms) of Module 2 in a hypnotherapy context. For example, the task in psychoanalysis is to bring unconscious material (shadow, complexes, repressions, denial, shameful experiences & memories, etc.) to consciousness. In the transactional analysis paradigm, rackets, games and life scripts are clustered around unconscious Parent and Child ego states. In Gestalt top-dog dominance and disavowed underdog subservience indicate unconscious ego-conflict, and the subsuming of the real self into the demands of the ideal self (Person Centered Counselling) leads to conflict between an authentic self and an acquired self, which play out their roles unconsciously.

“Parts Therapy” or “Ego State Therapy” and “Analytical Hypnotherapy”, are techniques which are used in the hypnotic state to elicit, engage, negotiate and facilitate change between the various internal ego states. This Module deals with the knowledge and skill required to effectively apply these techniques. Included in this module:

- Theoretical frameworks
- Risk in using hypnosis and when hypnosis is contraindicated
- Dynamic, behavioural and supportive hypnotherapy techniques
- Person centered Ego State therapy
- Dealing with problems which may arise in Ego State therapy
- Ideomotor Questioning
- Hypnotic (Gestalt) Empty Chair

MODULE 5
Use Neurolinguistic Programming (NLP) in Hypnotherapy Practice

This module provides the skill, technique, method and knowledge for the hypnotherapy practitioner to apply NeuroLinguistic Programming in communication with clients. This module does not propose to teach a course on NLP (as NLP is a course of study on its own). However NLP makes a valuable contribution to understanding communication which is basic to Hypnotherapy. It amplifies the structures of human communication and examines the components of perception that contribute to experience. Several NLP techniques and processes are covered. Included in this module:

- NLP communication and rapport
- Meta model
- Syntonic learning
- Reality construction through calibration
- Anchoring and reframing
- Basic NLP techniques including: anchoring and blending, submodalities, circle of excellence, reframing, swish technique, new behaviour generator, visual kinaesthetic (V-K) dissociation and time line regression

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MODULE 6
Apply Hypnocounselling and Hypnoanalysis

Students further their understanding of hypnotherapy and application of therapeutic skills learning Ericksonian patterns of speech in counselling and hypnotherapy. Students learn to apply hypnoanalysis to find the ‘sensitising event’ in client experience, and the artful application of regression therapy and abstract regression therapy to find resolution. Clinical approaches dealing with secondary gain, false memory syndrome and transference are covered as an essential context for regression therapy. Included in this module:

• Hypnocounselling frameworks
• Techniques for analytic uncovering of repressed unconscious material
• Childhood sensitising emotions
• Core Ericksonian clinical strategies and metaphors
• Reactive mind, imprints, unconscious material
• Story synthesizer & self-module
• Transference
• Secondary gain
• False memory syndrome and confabulation
• Age regression therapy
• Hypnotic progression – pseudo orientation in time
• Abstract regression therapy
• Christos technique

MODULE 7
Apply Advanced Hypnotherapeutic Processes

What happens in the mind-body holism when one experiences anxiety states? Whilst one may attempt to treat aspects of the human-holism in isolation, meaningful change must necessarily take the entire human as a whole into account to be of any lasting benefit. In this module, we specifically examine the function of the brain and the autonomic nervous system in individual experience of anxiety states.

This module trains students in the knowledge and skills required to perform specific practical interventions knowledge such as, hypnosis for pain management and relief, working with children, addictions, hyper and hypo arousal states, detachment and withdrawal and sexual dysfunction. Students will enhance their ability and knowledge to work with clients in specific contexts. Included in this module:

• The brain and nervous system
• Branches of the autonomic nervous system
• Hypothalamic-Pituitary-Adrenal complex
• Working knowledge of Polyvagal theory and function of the Vagus in treating Anxiety states
• Working knowledge of Attachment theory
• Hypnotherapy for the control of pain
• Paediatric hypnotherapy
• Hypnotherapy for addictions
• Emotional Freedom Technique (EFT)
• Eye Movement Desensitisation and Reprocessing technique (EMDR)
• Hypnosis for psycho-sexual issues

MODULE 8
Apply Transpersonal Hypnotherapeutic Processes

Our clinical approach to hypnotherapy up to this point has emphasized the resolving inner conflict in terms of sub-personalities or ego states (i.e. hypnoanalysis, analytical hypnotherapy and regression therapy) by applying a variety of techniques. Having resolved inner conflict through sub-personality work, students are now trained in specific processes supporting non-ordinary awareness and transpersonal processes, including the nature and application of myth in human experience. Students learn hypnotherapeutic techniques for engaging the archetypes in generative states of consciousness. Included in this module:

• Gene expression in mind-body therapy
• De-hypnosis as a pathway to uncovering the True Self
• The electro-magnetic field in complimentary healing modalities
• Medical model and the transpersonal model in terms of mind-body healing
• Focusing Technique
• Chakra uncovering technique
• Hypnotic dream induction
• Process Oriented uncovering technique
• Guided imagery for exploration and healing
• Carl Jung's model of archetypes - Myth and archetype frameworks - Archetypal patterns of the psyche - Archetypal intelligence to reframe behavioural patterns - Hypnotic inductions framed to evoke archetypal images

MODULE 9
Practical and Case Study

This is a practical module in which students practice their skills. Each student presents a case study which is discussed and analysed in the class under the supervision of the trainer.

MODULE 10
Manage a Practice

This module describes the skills and knowledge required to manage a clinical Hypnotherapy practice according to the size and scale of the business. Emphasis is placed on business planning, including a marketing plan and a financial plan including a budget. The module also focuses on the current climate of professional practice in Australia.

The module covers:

• Vision, mission and values
• Writing a business plan
• Contemporary marketing strategies and digital marketing
• Statutory and regulatory requirements
• Establish systems for financial documentation
• Implement operational policies including: code of ethics, legal requirements, professional membership, insurance, mandatory reporting, occupational health and maintenance of client records
• Inter-professional relationships in referrals and integrative practice
• Maintenance of client records