

## CPD Programme 2019

Required CPD for Advanced Hypnotherapy Diploma (AHD) 10am – 5pm	CPD – not AHD required 10am – 5pm	Workshop – not AHD required am = 10am – 1pm pm = 2pm – 5pm	Online Training Individual timings – <i>Lecturer to advise if different from standard times</i>
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CPD	Date	Title & Overview
76	11/05/2019	<b>SFH and Resilience</b> - Claire Brigg <i>Details soon</i>
76a	25/05/2019	<b>SFH and Fertility</b> - Susan Rodrigues & Alison Jones Aim: To develop a greater understanding of fertility and infertility, and learn how to support the client in dealing with the psychological and emotional issues of difficulties in conceiving. This section will include in depth discussion of: <ul style="list-style-type: none"> <li>• Fertility – mind/body balance <ul style="list-style-type: none"> <li>- A brief overview of male and female reproduction, fertility and the fertility cycle</li> <li>- The fertile state factors which can affect it</li> </ul> </li> <li>• Infertility – mind/body imbalance <ul style="list-style-type: none"> <li>- The scale of infertility problems</li> <li>- The physical and psychological causes/factors of male and female infertility</li> <li>- The potential impact/implications of infertility, including permanent infertility</li> <li>- Modern fertility treatments</li> </ul> </li> <li>• Working with the client <ul style="list-style-type: none"> <li>- Modern fertility treatments</li> <li>- The role of hypnotherapy in supporting fertility, and reducing the negative effects of infertility</li> <li>- Setting the goal for treatment</li> <li>- Assessing the information</li> <li>- Managing expectations/disappointment/loss</li> <li>- Hypnotherapeutic interventions</li> </ul> </li> </ul>
76b	26/05/2019	<b>SFH and Self-Hypnosis for Childbirth</b> - Susan Rodrigues & Stuart Taylor Aim: To provide an understanding of the birthing process, and how hypnotherapy can support this process. It will include in depth discussion of: <ul style="list-style-type: none"> <li>• Birthing Process <ul style="list-style-type: none"> <li>- The history of birthing from a) mammalian perspective and b) a modern day perspective</li> <li>- Basic anatomy and physiology of the body during pregnancy and labour</li> <li>- Psychological journey of birth</li> <li>- Impact of fear on pain</li> </ul> </li> <li>• Use of hypnotherapy during the birthing process <ul style="list-style-type: none"> <li>- Reasons for using hypnotherapy in the birthing process</li> <li>- Benefits of hypnotherapy for mother, baby and birthing partner</li> <li>- Clinical research studies on the use of hypnotherapy for birth</li> <li>- Achieving the ideal mental state throughout the stages of labour</li> <li>- Hypnotherapy and prenatal, peri-natal and postnatal bonding</li> <li>- Hypnotherapy and post-natal recovery</li> <li>- Hypnotherapeutic interventions utilised throughout the birthing process</li> </ul> </li> </ul>
78	29/06/2019	<b>NLP Uncovered</b> - Anji Holland Aim: To demystify NLP. NLP is a series of techniques which can enhance your ability to help your clients achieve success.  This seminar will: <ul style="list-style-type: none"> <li>• Explain the NLP communication model and contrast it with the model of the intellectual and primitive brain.</li> <li>• Briefly revisit anchoring, swish and rewind techniques.</li> <li>• Explain how we encode information and give meaning to the world using our senses (Visual, Auditory, Kinesthetic) sub modalities.</li> <li>• include practical sessions on how to use NLP techniques.</li> </ul>
78a	30/06/2019 AM	<b>Self-Hypnosis for Pain Management</b> - Dipti Tait Aim: To understand how to help the client manage pain <ul style="list-style-type: none"> <li>• What is pain</li> <li>• Redefine the word 'pain' – Turn 'pain' into 'gain'</li> <li>• Create a useful 'outcome frame'</li> <li>• Editing 'pain information' the brain takes on</li> <li>• Relaxing the pain signal</li> <li>• Reframe the environment with congruence</li> <li>• Create a 'safe' place in the mind</li> </ul>

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78b	30/06/2019 PM	<p><b>The SF Approach to working with Grief</b> - Dipti Tait</p> <p>Aim: Bereavement / Grief Aftercare – To understand how to help people suffering bereavement</p> <ul style="list-style-type: none"> <li>• Explanation of how to turn emotions into facts.</li> <li>• What is Grief – Understanding the different emotional stages.</li> <li>• Explanation of how the brain processes change or loss.             <ul style="list-style-type: none"> <li>- Linking in to SF Model – Stress Bucket, Positive Thought / Activity /Interaction.</li> </ul> </li> <li>• Explanation of how to use fear to our advantage.</li> <li>• Moving into Emotional Intelligence using the 'No/Yes Principle'.             <ul style="list-style-type: none"> <li>- Tools and Strategies</li> <li>- Demo and Exercises</li> <li>- Understanding how to move into Acceptance using the trance state.</li> </ul> </li> </ul>
78e	07/07/2019 AM	<p><b>Exploring Stress - Theories &amp; Solutions (Online Presentation)</b> - Helen Green</p> <p>Aim: To help therapists understand the essential aspects of Stress from a biological, psychological and behavioural perspective, and provide an overview of tools and strategies that we can use with clients to help them to cope. It will cover the following areas:</p> <ul style="list-style-type: none"> <li>• The fundamentals of Stress – history, classifications, descriptions &amp; definitions</li> <li>• Types of Stress – The good, the bad &amp; the very bad...</li> <li>• The impact of Stress – Biological, psychological, social &amp; behavioural</li> <li>• Strategies for dealing with Stress – research &amp; approaches</li> <li>• Stress &amp; SFH – How SFH can help: physically, emotionally &amp; behaviourally. SF tools and strategies (MQ, Scaling, Confidence, Perspective Power, Thinking-time &amp; other approaches).</li> </ul>
78c	27/07/2019	<p><b>The Brain: Inside &amp; Out</b> - Dr Rachel Gillibrand</p> <p><i>Details soon</i></p>
78d	28/07/2019	<p><b>Science and the IC: evidencing our practice</b> - Dr Rachel Gillibrand</p> <p>Aim: To give you everything you need to feel confident in explaining to your clients how the brain works with the full backing of the very latest scientific research.</p> <p>This CPD is for everyone, whatever your knowledge of science.</p> <ul style="list-style-type: none"> <li>• Introduction to the research process and terminology and explaining what it all means.</li> <li>• How we move from the sometimes impenetrable language of a research paper and turn it into something we can all understand.</li> <li>• Through the IC, step by step, illustrating what research tells us about our most primitive responses, how we create anxiety and what we can do about it.</li> <li>• Receive a full list of the scientific references</li> <li>• Summaries of the scientific methods used in the papers and a fully evidenced IC.</li> </ul>
79	21/09/2019	<p><b>SFH and Obsessive-Compulsive Disorder (OCD)</b> - Claire Brigg</p> <p>Aim: To have an understanding of OCD, its manifestations and how to use SFH to help.</p> <ul style="list-style-type: none"> <li>• Biological Basis</li> <li>• Common Symptoms</li> <li>• Medication</li> <li>• CBT / Exposure and Response Prevention</li> <li>• Other Psychological Interventions</li> <li>• OCD in Children</li> <li>• Solution Focused Hypnotherapy. How we can help</li> <li>• Case Study Examples</li> </ul>
79a	22/09/2019	<p><b>All About Sleep</b> - Deborah Pearce</p> <p>Aim: to gain an insight into our current understanding of why we sleep. what happens during sleep and the impact of not sleeping well. We'll explore how to help clients who cite sleep disturbance as part of their symptomology.</p> <p>We will cover:</p> <ul style="list-style-type: none"> <li>• SFH and Sleep</li> <li>• Sleep theories through history</li> <li>• Why we sleep</li> <li>• What triggers sleep</li> <li>• What happens during sleep</li> <li>• How much sleep we need</li> <li>• What happens when we don't sleep</li> <li>• Why we dream</li> <li>• Sleep disorders</li> </ul>

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		<p>We'll explore how to use SFH to help clients who want to get a better night's sleep:</p> <ul style="list-style-type: none"> <li>• Revision of adapting the Initial Consultation to cater for different sleep patterns</li> <li>• Environmental factors that may affect the client's sleep</li> <li>• Strategies for coping with sleep disturbance</li> </ul>
79b	28/09/2019	<p><b>Neuroscience</b> - Dr Naeem Iqbal  <b>Aim:</b> To give an even better understanding of the workings of the brain based on scientific research and its relation to hypnotherapy. It will include in depth discussion of:</p> <ul style="list-style-type: none"> <li>• The Cerebral Hemisphere and Cerebral Cortex</li> <li>• The Frontal Lobe</li> <li>• The Anterior Cingulate Cortex Acc</li> <li>• The Basal Ganglia</li> <li>• The Hypothalamus</li> <li>• The Pineal Gland</li> <li>• The Limbic System</li> <li>• The Posterior Pituitary</li> <li>• The Brain Stem</li> <li>• The Autonomic Nervous System</li> <li>• The Enteric Nervous System</li> <li>• Neurotransmitters and the function of Neurone and Synapse</li> <li>• The Physiology of Stress <ul style="list-style-type: none"> <li>- Sympathetic – adreno-medullary system</li> </ul> </li> <li>• Hypothalamo – pituitary – adrenal axis</li> <li>• Sleep</li> <li>• Pain and Pain Relief</li> </ul>
79c	29/09/2019	<p><b>Psychoneuroimmunology</b> - Dr Rachel Gillibrand  <b>Aim:</b> Learn how our psychological wellbeing affects our physical health.</p> <p>The study of psychoneuroimmunology (PNI) evaluates the link between our psychological health and our physical health through the impact of each on our immune system and as such, allows us to approach physical health from a different perspective, finding solutions in psychological therapies where the biomedical model of health finds itself challenged. This module will help you to understand:</p> <ul style="list-style-type: none"> <li>• what we mean by psychoneuroimmunology (PNI)</li> <li>• the pathways of PNI in immune system regulation</li> <li>• The importance of the Hypothalamic-Pituitary-Adrenal Axis in health and ill-health</li> <li>• How SFH is perfectly situated to improve both our psychological health <i>and</i> our physical wellbeing</li> <li>• Look at childhood patterns of behaviour and the influence these have on our health then and now</li> <li>• How sleep is important for us via the PNI pathway</li> <li>• How PNI can help us understand how stress influences skin conditions and the development of mental disorders</li> <li>• Review of how our work as SFHs provides us with an exceptional grounding for developing psychoneuroimmunology based health interventions.</li> </ul>
80	26&27/10/2019	<p><b>2 Day - Mindfulness &amp; Acceptance-Based Strategies</b> - Matthew Dyson  <b>Aim:</b> To provide an understanding of mindfulness; the change effect of mindfulness on the brain; and how to conduct mindfulness-based inductions and trance work. This will include an in depth discussion on:</p> <ul style="list-style-type: none"> <li>• What mindfulness is in terms of how the mind works <ul style="list-style-type: none"> <li>- activating the parasympathetic nervous system</li> <li>- changes in brain structures resulting from mindfulness meditation</li> </ul> </li> <li>• How mindfulness contributes to a sense of wellbeing</li> <li>• Similarities and consistencies with clinical hypnosis in structure and function</li> <li>• Similarities and consistencies with solution focused brief therapy</li> <li>• Key elements of mindfulness approaches that help clients achieve solutions: <ul style="list-style-type: none"> <li>- Acceptance-based strategies</li> <li>- Amplification of aspects of personal experience</li> <li>- Achieving pattern interruption</li> <li>- Encouraging experiential learning</li> <li>- Development of focusing skills</li> <li>- Encouraging positive expectancy</li> </ul> </li> <li>• Research findings into the efficacy of Mindfulness and Acceptance-based approaches</li> <li>• Clinical application of these principles to different areas of clinical presentation, including:</li> </ul>

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		<ul style="list-style-type: none"> <li>- Depression</li> <li>• Focusing attention on the present moment</li> <li>• Encouraging separation from emotional responses             <ul style="list-style-type: none"> <li>- Anxiety</li> </ul> </li> <li>• Decreasing external vigilance</li> <li>• Counteracting evolutionary templates             <ul style="list-style-type: none"> <li>- Eating disorders</li> </ul> </li> <li>• Developing internal resources to identify hunger and satiety and act appropriately             <ul style="list-style-type: none"> <li>- Relationships</li> </ul> </li> <li>• Self and others</li> <li>• Utilisation of mirror neurons</li> <li>• Development of compassion and empathy</li> <li>• When not to use mindfulness</li> <li>• How to do mindfulness-based inductions and trance work</li> <li>• How to set homework for clients regarding practice</li> <li>• Where to get further information:             <ul style="list-style-type: none"> <li>- Recommended reading</li> <li>- Web resources etc.</li> </ul> </li> </ul>
80a	03/11/2019	<p><b>Hypnosis for Improved Sporting Performance</b> - Trevor Eddolls            Aim: to understand how to help your clients improve their Sports Performance through the use of Hypnosis.            We explore how the brain works and different techniques of visualization and relaxation with the use of practical exercises to endorse the lessons.</p> <p>Details            Sports hypnosis can help athletes to improve their performance to get to the absolute top of their chosen sport.            It can be used to:</p> <ul style="list-style-type: none"> <li>• Reinforce established sporting goals</li> <li>• Increase motivation</li> <li>• Improve bodily awareness</li> <li>• Handle nervousness</li> <li>• Manage stress</li> <li>• Be able to relax</li> <li>• Ignore distractions</li> <li>• Control pain.</li> </ul> <p>The session will look at how the brain works and common problems that athletes face – choking, dartsitis, yips, target panic, etc – and talk about paralysis by analysis, and how it can be avoided, and dealing with negativity.            We'll look at different types of visualization and how they can be used to improve performance both in and out of trance. We'll look at relaxation both away from events and at events. We'll look at the kind of language to use. And we'll look at practice in and out of trance.            We'll look at getting 'in the zone'. We'll talk about Mihály Csíkszentmihályi's idea of flow – the mental state of operation in which a person performing an activity is fully immersed in a feeling of energized focus, full involvement, and enjoyment in the process of the activity. And we'll look at Owen Schaffer's seven flow conditions.            We will also look at hypnotherapy and NLP techniques to bring all this together to help produce the best athlete possible.</p>
81	23/11/2019	<p><b>Neuroscience and Obesity</b> - Claire Brigg            Aim: To understand obesity and increase our knowledge of neuroscience to help the client achieve their goal.</p> <ul style="list-style-type: none"> <li>• Current research and theoretical debates surrounding the following areas:             <ul style="list-style-type: none"> <li>- Obesity: Definitions/statistics/associated health problems</li> <li>- Adiposity: how we get fat &amp; how it works at a cellular level</li> <li>- Weight loss: less in, move more - the science of weight loss</li> <li>- Primitive man: appetite/ satiety &amp; obesity</li> <li>- Stress/depression &amp; obesity – biological &amp; behavioural aspects</li> <li>- Brain chemistry - the dopamine &amp; cortisol connection</li> <li>- The effects of diets/supplements/drugs etc on obesity</li> <li>- Treatments Effective and non- effective</li> <li>- The use of SFBT and hypnosis in treating obesity</li> <li>- Future implications &amp; further research areas</li> </ul> </li> </ul>

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81a	24/11/2019	<p><b>SFH and Disordered Eating</b> - Peter Appleton</p> <p><b>Aim:</b> To have an understanding of the presentation of eating disorders, including DSM definitions.</p> <p>Disordered eating covers a wide spectrum from people who have 'quirks' through to people with profound psychological conditions, such as bulimia nervosa and anorexia nervosa. Viewed in traditional medicine as difficult to treat, it is recognised that people with disordered eating desperately require help. Solution focused hypnotherapy offers this client group an invaluable resource to understanding their difficulties and enabling the person to make positive changes.</p> <p>The workshop will include:</p> <ul style="list-style-type: none"> <li>• Understanding the presentation of eating disorders, including DSM definitions.</li> <li>• Understanding the factors that contribute to the development and maintenance of eating disorders.</li> <li>• Goal setting and collaborative working, including understanding the motivational approach to change.</li> <li>• Adapting 'how the brain works' to working with the client with disordered eating.</li> <li>• Food and eating metaphors.</li> <li>• Use of the Miracle Question</li> <li>• Knowing how to practice safely and when to refer on.</li> </ul>
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