



## icchp *insights*

Welcome to the summer 2019 edition of ICCHP Insights, which is the newsletter for ICCHP students and graduates. Insights is designed to provide updates on ICCHP programme and course developments and also includes articles and resource links to additional information which may be of interest to students as well as practitioners. Students and practitioners are invited to submit information to be included for publication on Insights, this can include learning resources, articles, book reviews, research, patient case studies and/or any other information which may be of interest to our community of learning and practice. All material for submission/inclusion can be forwarded to [insights@icchp.com](mailto:insights@icchp.com).

### Course Completion Awards

Congratulations to Anna Ritchie, Helen Riddett, Guy Scantlebury and Thomas Krutul on completion of the Practitioner Diploma (PDHyp), also to Daniela Becucci, Maria Martinez-Perez, Priya Majmudar, Estelle Detrembleur, Josie Jenkinson and Suzy Lewis on completion of the Practitioner Certificate (PCHyp) and to Edward Smith, Jim Small and Elena Khoutter on completion of the online Diploma (DHyp) course.

Remember it is important for students to let us know ([admin@icchp.com](mailto:admin@icchp.com)) when all of the course components have been completed so certificates can be presented or sent by post.

### Wawasan Open University Selects the ICCHP Hypnotherapy Course

Wawasan Open University, School of Humanities and Social Sciences, in collaboration with the International College of Clinical Hypnosis Practitioners now offers classroom based practitioner training in Penang, Malaysia.

The ICCHP are proud to announce that the ICCHP

team in Malaysia, led by ICCHP graduate Synthia Surin, will be delivering hypnotherapy training as part of the psychology degree programme at the University. The first course will be starting on the 21<sup>st</sup> of September 2019.

### ICCHP Partners with the Clinical Hypnosis Training School in Singapore

The ICCHP are proud to announce a partnership with the Clinical Hypnosis Training School in Singapore, a subsidiary of the Centre for Human Services (Singapore) Pte. Limited.

Aloysius Tay, an ICCHP graduate and principal of the Clinical Hypnosis Training School will be leading the delivery of the ICCHP programme in Singapore. The first course will be starting on the 1<sup>st</sup> of September 2019.

Students in Asia can now enjoy the same quality of professional hypnosis and hypnotherapy training from the ICCHP, with a range of flexible study options to learn therapeutic hypnosis. Both classroom based hypnotherapy courses and online hypnotherapy learning options are available.

## Master Classes & Workshops

The ICCHP endeavours to offer interesting master classes of value to our students and graduates. We are continuously planning future classes of interest to our students, so if you have any specific topic interests then please let us know by emailing [admin@icchp.com](mailto:admin@icchp.com). Some suggestions so far include: Healing the Inner Child, EMDR, Script Writing & Treating Chronic Pain.

Upcoming scheduled workshops/master classes are:

- *Performance Enhancement & Stress Reduction (PESR) Course*

*5 October 2019*

The Performance Enhancement Stress Reduction (PESR) Practitioner course teaches individuals how to take control of and improve personal performance and well-being, in themselves and in others.

This 6 day course appeals to three types of individuals: those interested in their own self development; those wanting to establish a lucrative career as a PESR practitioner; and those individuals who currently work to improve the performance and well-being of others, such as personal trainers, coaches, mentors, clinical and non-clinical therapists, holistic practitioners, educators, etc.

Students of the PCHyp & PDHyp courses will have already covered the content of this course, so attending would only be a refresher.

More details on master classes and booking can be found on the ICCHP website ([www.icchp.com](http://www.icchp.com)).

## Remember to Have Your Practice Promoted on the ICCHP Virtual Clinic

For those of you in practice, don't forget to have your details featured on the ICCHP virtual clinic page. This page is marketed so that potential clients can find ICCHP trained practitioners.

If you would like your details added then please email your full contact details (email, phone, address, website address, etc.) to [admin@icchp.com](mailto:admin@icchp.com) and if you want to include the geographical area/county covered and any special areas of treatment (i.e. vetted and working with children, sports hypnosis, etc.) then please indicate these.

## ICCHP Introduces an Electronic Notebook Tablet Computer

The ICCHP endeavours to be conscious of ethical and environmental considerations and is phasing out the printing and issuing of paper based course notes. We want to encourage our students to share our vision, so all future classroom based practitioner students will be issued with an ICCHP Hypnotherapy Electronic Notebook (eNotebook), which is an Android based 10 inch multimedia tablet computer.

The state of the art multimedia Lenovo Android based tablet computer will allow students access to the ICCHP's on-line practitioner education portal containing all theory and classroom based practice notes and other learning resources. The tablet will also provide students with access to the exclusive ICCHP OneNote application, which can be used whilst training and also whilst in practice. The multimedia tablet can also be used for other applications like email, internet browsing, watching films and more.

The eNotebook will be issued to students paying the full PCHyp Certificate course fee. Students who have paid a discounted course fee, or by instalments and previous students/graduates can purchase the eNotebook for £149.00. The eNotebook is delivered to the student prior to the course and includes a full one year warranty, keyboard, protective case and stylus pen for note taking.



## ***Book Review - How the 'real world' is driving us crazy! (solving the winner / loser world problem) by Richard Hill***

Those of you that have attended one of the Mirroring Hands workshops that Richard Hill has presented for the ICCHP in the last 12 months will be familiar with his work. Some of you may even have purchased a copy of this book from him. Well, if you have not yet got around to reading it, I hope this review will encourage you to do so.

As an ICCHP graduate, I am always looking out for anything that can help me in my practice as well as help me to accumulate CPD hours. Other ICCHP students and graduates may also benefit from reading Richard's book.

The main themes of 'Real World' sit very well with the 'ABC' model of RECBH. I have recently found myself reaching for some of the language in the book when working with patients' unhealthy beliefs. Richard makes a distinction between the winner / loser world (unhealthy beliefs) and the creative world (healthy beliefs). He talks about the benefits of seeing the possibilities that arise from every situation or event, instead of thinking about the probabilities.

One way of thinking is rigid and demanding while the other is much more open and preferential.

The theme builds in such a way that it is easy to absorb the ideas with the occasional case example to give perspective. The differences between the two worlds are explored; an inclusive attitude not an exclusive one, seeing opportunities and lessons in simple events, viewing mere results as either desirable or undesirable outcomes and looking at communications as interactions rather than transactions.

I have found 'Real World' to be a valuable companion to the values and methods I already use in my practice. I strongly recommend it to all students. It is only currently available as a digital/Kindle book at the moment, though more paper copies will be arriving with Richard on his next trip to the Northern hemisphere next year.

Spencer Baldwin - August 2019

**Stop Press – Richard has just given everyone a Gift! You can now download Richard's book FREE for a limited time. Visit Richard's website and download the digital version here:**  
<http://www.richardhill.com.au/book-giveaway>

## Tapping the Subconscious Mind

ICCHP student Ant Phillips wrote a feature on his Marketing Agency blog, outlining an application tool he developed using Implicit Reaction Time in conjunction with a Neuromarketing agency.

Ant found the app to be a simple and effective way of tapping the subconscious mind and uncovering more detailed and interesting results when using it in marketing surveys.

According to Ant, the Neuromarketing arena is

booming at the moment. The app he developed has been used by many big marketing agencies for all sorts of applications. Ant believes that the app could be very effective tool for use in hypnotherapy diagnosis.

If you are interested in exploring the app, Ant is happy to provide a demonstration copy for evaluation. You can contact Ant at [ant@thinkepik.com](mailto:ant@thinkepik.com).

## Dr David Spiegel Videocast – Tranceformation Hypnosis in Brain and Body

The National Center for Complementary & Integrative Health (NCCIH) in the U.S., has a library of training videos for clinical medical providers.

The speaker, Dr. David Spiegel, from the Stanford University School of Medicine presents a number of medical studies and case histories of hypnosis in medical practice. Dr. Spiegel describes brain activity involving hypnosis and discusses the nature of hypnosis, its effects on brain function, and how hypnosis can be utilized in the treatment of patients with comorbid psychiatric and medical problems.

We would like to thank Larry Sugden, an ICCHP graduate from the USA, who found this videocast to be very interesting and submitted it to share with you.

Here is the link to the videocast:  
<https://videocast.nih.gov/summary.asp?Live=15741&bhcp=1>

## Student Portal Updates

Updates to the course content on the learning portal are continuing and you will notice changes taking place. Most of these changes relate to updating of the course content. New information and updated research is being included in both the theory notes and the practical notes, along with some additional scripts. You will be able to identify the new versions of the notes by their version numbers, v3.19 being the latest.

Classroom lecture video clips, updated course notes and additional learning resources are being added regularly, so it is worthwhile checking back into modules that you have already completed.

Remember that there is a Global Search Function available. This is a course wide global search function that will let you search information in all of

the courses as well as the discussion forums in which you have access.

In addition to the global search, you now have a Moodle app available to you, so that you can load the app onto your smartphone or tablet and access your course material any time and anywhere. Just download the Moodle app from your appstore.

Don't forget that you can add to the Glossary of Terms. Students and practitioners are encouraged to populate the Glossary. By doing so you can obtain ratings for extra credit towards your course grade and additional credit time towards your CPD requirements.

Also, remember that practitioners can use the graduate forums to share case related information and obtain help and support with presenting conditions. You can also share with each other your learning experiences in practice, what you find is working for you to help build your practice.

## ICCHP Hypnotherapist in Practice

We would like to feature, in each edition of Insights, an ICCHP graduate hypnotherapist who is in practice and would like to share their practice experiences with others. This will help cross culture and share ideas with a view to helping and encouraging each other in practice. If you would like to be featured in a future edition of Insight, then please email your copy to [insights@icchp.com](mailto:insights@icchp.com)

*Anna Ritchie*



Anna Ritchie studied at the ICCHP and qualified as a hypnotherapist in 2019. She is based in Hammersmith, West London and provides hypnotherapy services in London and via Skype.

Anna specialises in performance psychology. Formally a full-time professional orchestral musician with the BBC Concert Orchestra, Anna understands implicitly, the difficulties and pressures that arise in live performance and as such can provide the necessary help. Anna also has considerable experience with weight control issues and eating disorders and understands the psychological forces that drive and perpetuate these difficulties.

Anna can be reached via her website which can be found at: [www.annaritchie.com](http://www.annaritchie.com)

## One Note Script Application

The One Note Script application allows you to have all of your scripts from the course with you, either on a phone, tablet or computer. This allows you to be responsive to a client's needs, quickly adapting a session without having to flip through files of paperwork to find an appropriate script. Scripts are already organised into inductions, deepeners,

## International Accreditation & Validation

Remember, the ICCHP programme has met the requirements set by the International Certification Council (ICC) and is now accredited by the European Hypnotherapy Register (EHR) and the International Hypnotherapy Register (IHR), which are internationally recognised hypnotherapy standards bodies awarding international qualifications.

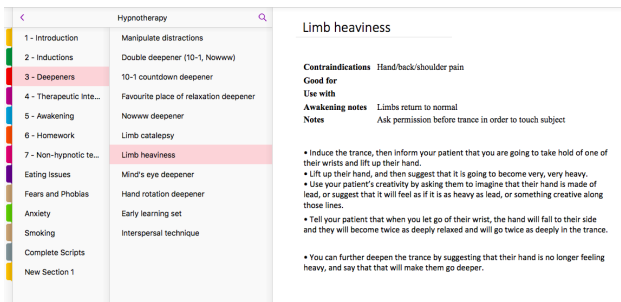
Our classroom and online practitioner courses have been accredited. Graduates wishing to practice outside of the UK will find this invaluable.

As part of the accreditation, the ICCHP has become a council member of the ICC and an affiliate partner agency of the IHR. More information is available from the IHR website ([www.ihr-register.com/](http://www.ihr-register.com/)).

therapeutic interventions, etc.

It is simple to add to any digital device, you just need Microsoft OneNote which usually comes free with your Microsoft Office suite (word, excel, etc.).

We would like to thank ICCHP graduate Jeni McClean for her work in developing and sharing this wonderful application.



The script builder is exclusive to ICCHP graduates and students, and the content is copyright to ICCHP, as is the paper version. But if you would like to have access to the script builder in its current form you can contact ICCHP Administration ([admin@icchp.com](mailto:admin@icchp.com)).

## Study/Practice Groups

The ICCHP encourages students to participate in study/practice groups, as those students participating in these groups demonstrate a higher level of knowledge, understanding and practical ability. Group members also support and encourage each other to complete the on-line course modules and get started in practice.

If you want to organise or join a study group then please post a message in the on-line student forums. Study groups can also be used for practice based discussion once you are seeing patients. Having others to share your practice experience with will help you develop your knowledge and skills as a practitioner.

Remember, if you have or you are attending study group sessions with each other then please record these by keeping a record of who attended, time spent, topics discussed and techniques practised. You can include this within your learning portfolio and it all counts towards your training hours and Continuing Professional Development (CPD) requirements for the GHR and CNHC. You can also have these validated by submitting for tutor signature.

## Website Building & Hosting

Our website designer, Peter Aiello, is available to help anyone interested in having a practice website created. You can email Peter to discuss your needs ([peter@iedesigner.com](mailto:peter@iedesigner.com)).

The ICCHP has its own virtual private server, so we can offer a low cost hosting service to our graduate practitioners. We have a great deal of spare capacity

on our secure high performance hosting server. So if you need any help with your website hosting, then email [admin@icchp.com](mailto:admin@icchp.com).

## Please Link Us and Like Us!

Please join our Facebook page, follow us on Twitter and join our LinkedIn Group pages.

The ICCHP actively builds its social media presence and so regularly posts news and information through these social media sites. In addition, the ICCHP Blog contains posts about events and stories of interest, including the latest research studies being published. The ICCHP Blog can be accessed here: <https://www.icchp.com/icchp-blog>

Future Insights newsletters will also be published through these.



<https://www.facebook.com/internationalhypnotherapy/>



<https://twitter.com/ICCHP>



<https://www.linkedin.com/company/international-college-of-clinical-hypnosis-practitioners/>

## Please Add a Google Review

The ICCHP are listed on Google Places and TrustPilot, we would like to have more reviews in order to help with our search engine optimisation and promotions effort. Some students have already submitted a review and we would like to invite and encourage all of our students to add a review to Google Places and TrustPilot.

If you would like to write a review and willing to spend a few moments of your time to do so, it would be greatly appreciated. You should be able to access the Google review page from the link below.

<https://www.google.com/maps/place/ICCHP/@51.5174017,-0.1481544,17z/data=!3m1!4b1!4m5!3m4!1s0x0:0x57ec13b656437143!8m2!3d51.5174017!4d-0.1459657?hl=en>

TrustPilot reviews can be made here:

<https://www.trustpilot.com/review/www.icchp.com>

**Thank you to all who have already written a review and those in advance who will help to increase our reviews.**



## Upcoming Course Dates

For those students who are planning on attending the certificate/diploma course in October, or have missed any course dates, here are the dates of our upcoming PCHyp and PDHyp courses.

- 12 – 13 October, 9 – 10 November, 30 November – 1 December, 18 – 19 January, 15 – 16 February & 28 February – 1 March 2020.
- PDHyp: 26 – 27 October, 23 – 24 November, 7 - 8 December, 11 – 12 January, 22 – 23 February & 28 – 29 March 2020.

Maybe **you** have something to share with your peers: an experience from practice, a patient case study, a learning experience, a good book you have read or a helpful resource. If you have a good story to tell or even a joke (or something funny/interesting) to share and would like it included in the next edition of ICCHP Insights, then please don't be shy, send it to [insights@icchp.com](mailto:insights@icchp.com).

**International College of Clinical Hypnosis Practitioners**

**10 Harley Street, London W1G 9PF**

**(+44) 020 7467 8515**

**0800 046 1868**

**[www.icchp.com](http://www.icchp.com)**

**Email: [insights@icchp.com](mailto:insights@icchp.com)**