



The dominic beirne
School of Clinical Hypnosis & Psychotherapy ©

GHsc

VALIDATED PRACTITIONER
General Hypnotherapy Standards Council

Prospectus

Welcome to **the Dominic Beirne School**, which offers in-depth training of the highest quality in the three disciplines of Clinical Hypnosis, Hypnotherapy and NLP. Our team of course facilitators are highly qualified, enthusiastic, motivated and dedicated to giving you an experience that is empowering, informative and immensely enjoyable. Our class sizes are deliberately restricted to ensure that you receive individual attention and coaching throughout your training.

At **the DB School** we offer continuous support during your training and post-training period with a series of supervised tutorials and we encourage further course attendance at a considerable reduce rate.

Throughout the year we also run a series of Advanced Seminars to support your professional development, with guest speakers visiting the school to ensure you are kept informed of the latest innovations and developments.

The Venue

Depending on the course size the course are either held at: The Stables, Welcombe Road, Stratford upon Avon, Warwickshire, CV37 6UJ, or at one of the near by hotels conference rooms.

You will be advised on this more near the starting date of your course.

Stratford upon Avon has excellent road, rail and air links.

Professional Recognition

The Dominic Beirne School is **accredited by: General Hypnotherapy Standard Council (GHSC)**

COURSES HELD AT THE DB SCHOOL

DIPLOMA IN CLINICAL HYPNOSIS, HYPNOTHERAPY COMBINED WITH THE NLP PRACTITIONER CERTIFICATION

This powerful combination of Psychotherapeutic disciplines is recognised as the most effective way of achieving changes, enriching lives and maximising potential.

At the DB School we have developed a fully integrated course curriculum designed to provide comprehensive, skill-based training that is wide-ranging, eclectic and pragmatic.

This approach gives our graduates the understanding, practical ability and flexibility required to deal with the huge variety of presenting problems encountered in practice.

We train our students to become competent, ethical therapists able to work out the most appropriate clinical solutions to achieve the desired outcome.

On completing your Diploma training you will have the expertise, observational skills and understanding to deliver appropriate effective interventions time & time again whatever your field of specialisation.

YOU WILL LEARN:

- How to hypnotise directly and indirectly using the client map of the world to help them enter a profound hypnotic state.
- To communicate at the conscious and subconscious levels.
- To facilitate change and direct the subconscious resources within your client.
- To experience hypnosis and hypnotic phenomena for yourself.
- How to harness the powers of your subconscious mind.
- How to resolve issues that may have held you back.
- To go beyond your limitations.
- To improve your relating skills and understand other people perspectives.
- To multiply your resourcefulness.
- To improve your ability to make choices.

And much more.

COURSE STRUCTURE

To make our training accessible to as wide a range of participants as possible we offer two types of training format, **the part-time flexible weekend** or **the intensive format**.

The Part-Time Flexible Weekend Format

The Diploma course in Clinical Hypnosis, Hypnotherapy and NLP runs over 9 intermittent weekends, spread over a 3 month period. The course is divided into 3 modules and each module consists of 3 weekends training, so that you can spread your training over consecutive courses if necessary or preferred. However, as training is progressive, entry to each module is dependent upon the successful completion of the previous module.

The Intensive Three Week Format

This 3-week intensive training programme spread over a 3 week period and during each week of training you will cover one module of the course curriculum. As with the three months course you will have the option of spreading your training over consecutive courses. The flexible modular course structure gives you the option of mixing the format, i.e. you may decide to complete one module intensively and another in the part-time format.

COURSE CURRICULUM

Module One

Module one introduces you to the Principles and Practice of Hypnosis, Hypnotherapy and NLP.

Weekend One

• The Art of Listening • Children Induction • Elman's Induction* Deepening • Arm Levitation • Variety of Deepening • Trance Termination • Eye Catalepsy • Arm Catalepsy • Developing the Hypnotic Session • Post Hypnotic Suggestions • Post Hypnotic Re-inductions • Ego Strengthening • Eye-Accessing Cues • Sensory-Based Language • Calibration • 5-4-3-2-1 Induction • The History of Hypnosis • States of Trance • The Nature of Hypnosis • Hypnotic Phenomena • Building Rapport • Introduction to NLP • Mirroring • Nonverbal Induction • Pacing and Leading • Suggestibility Tests • Progressive Relaxation

Weekend Two

• Pre- Induction Interview • Resistance and How To Deal with it • Hand Closing Induction • Erickson's 1-20 Induction • Ideo-Motor Signals (I.M.R) • Utilisation of I.M.R • Setting up Ideo-Signals • Surprise Handshake Induction • Deepening Staircase Method • Erickson's Surprise Cataleptic Induction • Distraction • Introduction to Regression • Abreaction • Contra Indications • Direct Suggestions • Rules of the Mind • Rules for building Successful Suggestions • Erickson's Confusion Induction • Double Induction • Coin Dropping Induction • Odds and Evens Induction • Stress Management • Stop Smoking Strategy • Suggestions for Obesity • Representation Systems • Predicates

Weekend Three

• Rapid Inductions • Medical Aspects of Hypnosis • Approaches to Pain Management • Communication with Pain • Creative Visualisation • Manipulation of symptom • The Control Panel Method • Correct/Incorrect Induction • Wart Cure • Comfortable Childbirth • Finding Resources • Tracking Through a Therapeutic Session • Open-Ended Suggestions • Overlapping Induction • Favourite Place Deepener • Past Life Regression

On your successful completion of Module One you will be awarded the Certificate of Master Hypnotist, which allows you to use the letters C.M.H after your name.

Module Two

Draws from a wide range of invaluable sources and offers a comprehensive collection of Hypnotherapeutic tools for the relief and treatment of many somatic and psychological symptoms.

Uses:

• Anxiety and Stress, • Panic disorders, • Psychosomatic disorders, • Unwanted habits, including Smoking, • Alcohol and Drug abuse, • Eating disorders, • Nail biting, • Phobias, • Allergies, • Obsessive Compulsive Disorders, • Insomnia, • Irritable Bowel Syndrome (I.B.S), • Pain Management, • Dental Surgery, • Surgery, • Enuresis • Comfortable Childbirth, • Stuttering, •

Blushing, • Skin Problems, • Warts, • Psycho-Sexual Problems including Impotence, Premature Ejaculation, Discomfort, Frigidity, Vaginismus, Infertility Problems, • Learning Problems, • Memory Enhancement, • Public Speaking/ • Examination Nerves, • Ego Strengthening, • Eradicating Fears, • Enhanced Sports Performance and much, much more.

Tools:

• The Meta Model • The Outcome Frame • Anaesthesia and Advanced Pain Management
• Focusing Long and Short Form • Perceptual Positions and Dissociation • Inner Child • The Six Principles of Analytical Hypnotherapy • Free Association • Eye Movement Desensitisation and Reprogramming (EMDR) • Gestalt Therapy • Gestalt Dream Work * Esdaile State • The Milton Model • Transformational Grammar • Interspersal Technique • Therapeutic • Metaphor • Advanced Regression • Healing in Hypnosis • Ambiguity • Parts Therapy • Prebirth Experience • Automatic Writing • Mind Body Therapy • Gut Centred Hypnosis and Hypnotherapy • Setting up in Practice and Marketing Skills • Creating Amnesia and Knowing When To Utilise it.

Module Three

Now you are fluent in the communication skills of N.L.P you are ready for the tools. This will complete your training in N.L.P to the Practitioner Standard

Tools of NLP:

• The Presuppositions of N.L.P • Representation Systems • Overlapping Rep Systems • Submodalities • Change with Submodalities • Circle of Excellence • The Swish Pattern • Anchoring • TOTE Model • Collapsing Anchors • Changing Personal History • The Fast Phobia Cure • VK Dissociation Phobia Treatment • Congruence and Incongruent • Re framing • Negotiation between Parts • The Fast Allergy Cure • The New Behaviour Generator • The Visual Squash • Time line Therapy • Changing Beliefs

When you have successfully completed Module Two and Three you will be awarded your Diploma as a Clinical Hypnotherapist, which allows you to use the letters D.Hyp. You will also receive Certification as a Practitioner of N.L.P and you will be able to use the letters CPNLP.

NLP TRAINING AT THE DOMINIC BEIRNE SCHOOL

NLP is an attitude, methodology and learning experience that will enable you to reproduce excellence in yourself and others to great effect.

Based on the work of Dr. Richard Bandler, John Grindler and their fellow co-developers, NLP is about creating real sustainable choices; it is about moving beyond limitations and introducing possibilities that will enhance your life and the lives of those around you.

The application of NLP is both personal and professional, so if you want to communicate excellently, achieve and expand your goals exquisitely, and improve your health and wellbeing our training programme is for you.

At **the DB School** we offer a full NLP Practitioner and Master Practitioner Certification training syllabus. On successfully completing your course you will be eligible for certification as a Practitioner or Master Practitioner of NLP.

1. NLP PRACTITIONER CERTIFICATION

During your Practitioner training you will gain the sensory acuity and communication skills to enable you to gain influential rapport with ease. You will also learn and experience working with a full range of NLP skills that will allow you to effect profound positive change in yourself

and others.

Syllabus

• The Presuppositions of NLP • Outcome Ecology • Rapport & How To Build It With Anyone • Sensory Acuity • Calibration • Congruence • Representation Systems • Eye Accessing Cues • Sub-Modalities • The Swish Patterns • The Milton Model • Inducing Trance States • The Meta Model • Different Perceptual Positions • Neurological Levels • Strategies • The TOTE Model • Anchoring • Refraining • Six Step Reframing • Negotiation Between Parts • Fast Allergy Cure • Changing Personal History • Phobia Cures • State Management • Visual Squash • Visual and Kinesthetic Disassociation • Timeline

2. MASTER PRACTITIONER CERTIFICATION

Why is this Master Practitioner training special?

We have trained with the finest Innovators and Trainers in the World of NLP today. As a result our programme represents the very best of the major schools of NLP.

Throughout this training course you will experience NLP through the styles of Richard Bandler, John Grindler, Robert Dilts & Tad James, which will lead you from competence to excellence.

Syllabus

• **Advanced Linguistics** • **Presuppositional Language** • **Meta-Programmes** • **Criteria, Values, Beliefs** • **Advanced Timeline**, *Understanding the Time-Line, Various Types of Time-Line, Creating a Positive Future, Part Reframes, Releasing Previous Negative Experiences* • **Advanced Submodalities**, *Revisit the TOTE Model, Explore Submodalities, Compulsion Blowout, Decision Destroyer Customised Swish Pattern, Teach-Me, Advanced Distinctions in Kinesthetic & Auditory Submodalities* • **Generative NLP**, *Slight of Mouth Patterns, Ericksonian Hypnosis, Nature of Beliefs, Belief Change, Advanced Belief Patterns, Re-imprinting*

Please Note: A recognised practitioner certificate is a pre-requisite for attending this course.

How you will learn from the above courses

Each of us has preferred ways of learning, so within each of our courses you will be exposed to a variety of teaching styles.

Practical skills training is an essential part of all the courses and you will be expected to put your skills into practice time and time again.

We also believe in empowerment through experiential learning, so you will be given the opportunity to experience these techniques personally.

Each technique is initially presented in a lecture format outlining the theory and background, followed by a demonstration on a volunteer student from the class. You will then practice each technique in small groups to gain the experience to move your learning from conscious to unconscious competence. Feedback, discussion and further examples of how you can use these skills in therapy, business and everyday life will increase your scope and flexibility. Throughout each course there will be opportunities to witness real life therapy and direct application of the techniques in business and everyday life.

Where appropriate we involve experts from the field of business and therapy.

We do not allow volunteer members of the public to be used for demonstration purposes or student practice.

This is because there may be insufficient time to complete therapy in a classroom situation or additional problems may surface which would require further therapy. Responsibility to the client is of paramount importance and we believe it would be unethical to use them as guinea pigs.

At the DB School we strive to create an environment that provides the optimum conditions for learning and personal growth. We believe you learn best in a relaxed environment that is comfortable, refreshing and enjoyable.

Course materials

You will be provided with comprehensive course manuals in all our courses.

Further support materials will be available.

WHO SHOULD ATTEND OUR TRAINING COURSES?

We have tailored our course to appeal to a wide range of people from all walks of life. If you are involved in any kind of work where effective communication is essential you will find our courses invaluable.

As part of the DBSchool code of ethics we encourage respect for the individual and equality of training and opportunities regardless of culture, socio-economic background, racial origin, political belief, disability, religious belief etc.

Entry Requirements

Academic qualifications are not a necessary prerequisite for entry to our courses. If you are interested in clinical hypnosis and hypnotherapy we believe that humility, patience and perseverance are very important qualities.

Whatever your field of interest, our courses will give you the experience to go beyond your own limitations and improve whatever it is you do. You will find that within your own context you will begin to have more choices than you had considered possible before.

At the DB School we are committed to integrity, quality and value for money. We do not require our students to undergo examinations because we monitor our students continuously throughout their training. If we feel, or if you feel that you would benefit from further training we will provide it at no extra cost. **If you are forced to miss any part of your training for any reason you will be able to repeat that part at no extra cost.** Our aim is to make sure you reach the appropriate standard to warrant our Certification.

Full Cost of Courses

The full course fees are shown on the enclosed timetable or on our website.

Take advantage of our early bird reduction by paying in full at least 1 month before your course commences.

For details, see the enclosed timetable.

There will be no extra charges for examinations or certification.

Flexible Payment Options

To make it easier to acquire our training we offer two types of instalment options at no extra cost.

1. You can pay your deposit on booking and enclose three post-dated cheques to cover The balance.
2. After paying your deposit, you may pay monthly by Standard Order. For Details contact the office.

BOOKING YOUR COURSE

Please complete the enclosed booking form and send this along with your deposit and payment details to:

**The Dominic Beirne School of Clinical Hypnosis & Psychotherapy
The Stables, Welcombe Road, Stratford upon Avon, Warwickshire CV37 6UJ**

If you require extra copies of the booking form contact the office at:

Tel: 01789 261620 or email us **info@hypnosis-nlp.co.uk**

We will be pleased to assist you in any way we can.

For more updated information on our training programmes please visit our website at:

www.hypnosis-nlp.co.uk

When we receive your booking form and payment we will send you a receipt and letter of confirmation with a map of the venue location and details of our first meeting.

A list of local accommodation will be sent on request.

CANCELLATION

Notification of cancellation must be received in writing no later than 30 days before your course begins if you wish to receive a full refund.

Substitutions can be made at any time prior to the course commencing.

Please Note:

The DBSchool reserves the right to refuse applications at its discretion and if necessary to terminate the training of any student whose conduct is deemed offensive/disruptive.

The DBSchool continuously evaluates and updates its training and reserves the right to alter details of the training programme, syllabus, trainers -It's associated accrediting body (bodies)-, and venues, if required without prior notice.

THE DOMINIC BEIRNE SCHOOL TRAINING TEAM

Dominic Beirne Principal. Master Trainer of Hypnosis & NLP

As a Clinical Hypnotherapist Dominic has been running a busy practice in Stratford upon-Avon for many years. During this time he has gained the respect of G.P.'s in the Warwickshire area and as a result of this many of his clients come as referrals on the advice of their G.P. Dominic's clinical experience has given him the practical ability and knowledge to demonstrate the application of Hypnosis Hypnotherapy & NLP to the delight and amazement of his students. Dominic is generous with his knowledge and eloquent in conveying understanding at the conscious and subconscious levels.

Dominic has been featured regularly in the local press and radio, and has also appeared on BBC Television to talk about the therapeutic application of Hypnosis and Hypnotherapy in treating sleep disorders and their associated problems.





Paul Castle MA MPNLP

Paul Castle has been in the Personal Development field since 1976. He is a qualified Solicitor, Vice president of City Bank and Internationally Renowned Trainer in NLP.

During the past many years, Paul has taught the tools of NLP to thousands of people. He believes that training is an exploration rather than a destination, and should always be simple easy and fun.

Paul is an inspired trainer who is dedicated to developing the full potential of each student who attends his classes and workshops.



Jackie Curry

Jackie comes from a background of general and psychiatric nursing and qualified in both disciplines. She holds a Certificate of Health Education and has had extensive teaching experience.

She qualified at the Dominic Beirne School in 2001 and since then has set up her own very successful practice.

She has worked as an assistant trainer with Dominic both on primary courses and on

advanced workshops.



Steve Dolton C.M.H. C.Hyp. MPNLP MBACP

Steve has for many years been involved as Director for companies operating in Information Services and Asset Management utilising his skills in person development and training.

Steve has undertaken many training courses since early 2000 including Dominic's Clinical Hypnotherapy and NLP Master Practitioner course. Steve is a member of the B.A.C.P and a listening volunteer for the Samaritans.

THE STUDENT'S COMMENTS

- "Dominic's Team's verve, excellence and ability to instruct are highly effective".
Jane Evans- Special needs teacher
- "Your enthusiasm is contagious, your competence inspires trust and your generosity of spirit are the qualities that helped me really learn on many different levels".
Paul Wilson- Financial Consultant
- "Since attending your course my practice has gone from strength to strength. I now know how to walk the walk not just talk the talk".
Richard Gill - Clinical Hypnotherapist
- "I have done many training courses before, you helped me put it all together. I now have a very clear perspective and I know I'll continue to build on this, into the future".
Charlotte Reynolds, BT Supervisor and Psychotherapist.

- "The single most comprehensive course I have ever taken".
Laurence Cremetti, RMN Clinical Hypnotherapist, Reiki Master & Therapeutic Music Composer.
- "I trained with Dominic in 2002, having previously trained with another organisation. Dominic's training was far, far superior in every respect, and the lessons I learned are still in daily use in my practice".
Penny Samuals
- "Dominic Beirne Clinical Hypnotherapy and Psychotherapy School is I believe at the forefront of Hypnotherapy and NLP training, in a nutshell, it is in a class of its own. Prior to studying at Dominic's training establishment, I had been a senior teacher and had a proven track record in industry and more importantly I feel had completed Hypnotherapy training via approved and very well structured Distance Learning Courses. However, it was only upon attending the Dominic Beirne School, that I realised just how much there was to learn within both Hypnosis, Hypnotherapy and NLP. Dominic and his training staff took all of the course participants through an experience of a lifetime and they did so with compassion, sensitivity and the upmost professionalism. At times they challenged existing beliefs, at times they nurtured and at others they simply instilled good practice and excellent skills. Now that I have entered full time practice, I find myself using the skills that I was shown with growing confidence, flexibility and a thoroughly client centred approach. I give thanks to

Dominic Beirne and his excellent team for providing one of the best practical courses to Hypnosis, Hypnotherapy and NLP that I have ever encountered".

Douglas Clark

- "I came to get qualified and start a business....
I gained infinitely more than that. I learned about myself in a way that makes sense to me. And in doing so was also infused with Dominic's passion, experience and energy about hypnotherapy which has turned a job into a passion for me too. Dominic offers more than a just a course, its a life experience to be thankful for".

Asif Mirza

- "As you all know by now, I am a man of far too many words, but I just wanted to say that I've had a ball with you guys over the past 4 (nearly 5) months. I'm gutted I'm not going to cross the finishing line with you all, but I will be thinking of you all next time. I think I said this after the first module, but I really don't believe I would have learnt as much had I been with a different bunch of people.
Keep practising and remember 'it's okay to take notes!!!!'

Dave Mills

- "To make a generalisation I would say that usually one books a course, pays for the course, goes on a course and... that's it! Your course has been a course like no other and I can only thank you for your dedication in sharing your knowledge, your patience

with questions and various emotions; you have been teacher as well as therapist so thank you for what you have given me and helped me find within myself. As I said to a friend the course is worth its weight in gold for all the personal gain even if one were never to practice! I have had a thoroughly enjoyable time, met with lovely people and can very happily say that I experienced very sound training. I would recommend Dominic's Supervision Days for the easy exchange of ideas - and much more - they offer".

Brigitte Stubbs, France

Recommended Reading ...

Hypnotherapy

Self Hypnosis, **Charles Tebbets**

Hypnotherapy, **Dave Elman**

Transforming Therapy, **Gil Boyne**

Mind Body Therapy, **Dr D.Cheek & Dr E.Rossi**

Uncommon Therapy, **Jay Haley**

Focusing, **Eugine T. Gendlin**

NLP

Introducing NLP, **John Seymour**

Trance-Formations, **Richard Bandler & John Grindler**

Solutions, **Lesley Cameron Bandler**

Patterns One, **Bandler & Grindler**

Frogs into Princes, **Richard Bandler & John Grindler**

Using Your Brain for a Change, **Richard Bandler**

Insides Guides to Submodalities, **Richard Bandler & Will Donald**

www.hypnosis-nlp.co.uk