Diploma of Clinical Hypnotherapy & Applied Psychotherapy

Course Prospectus

Hypnotherapy Training College Australia

info@htcaus.com.au | www.hypnotherapytrainingcollege.com.au

Learn from a College that has Been Training Hypnotherapists and Psychotherapists Since 2007

The college's head office is in Australia. Glynis Bretherton is the founding director of Hypnotherapy Training College Australia. The founding vision is described as empowering individuals with the knowledge and skills to help others through a belief in the transformative power of education and a desire to make a meaningful impact in clinical hypnotherapy and psychotherapy.

Courses are highly regarded for quality curriculum, experienced facilitators, and a thorough understanding of clinical hypnotherapy techniques, principles, and psychotherapy integration. Training is flexible and accessible through online classes and live stream classes.

- Up-to-date, evidence-based course content
- Online access to extensive learning material
- Live-streamed tutorials and support
- Ethical | Community-driven | Quality-focused

The Diploma of Clinical Hypnotherapy and Applied Psychotherapy

Delivery Mode: 100% Online + live stream classes

Course Overview

This comprehensive diploma covers all the foundations and advanced skills needed to become a competent and ethical practitioner in clinical hypnotherapy and applied psychotherapy. The course blends modern hypnotherapy with integrative psychotherapy techniques and includes training in ethical practice, business development, and self-reflective therapeutic relationships.

1: Foundations of Clinical Hypnotherapy

Learning Outcomes: Students will understand foundational hypnotherapy concepts and gain confidence in explaining hypnosis and its mechanisms to clients.

- Introduction to the history and principles of hypnotherapy
- Understanding the conscious and subconscious mind Theories
- of suggestibility and responsiveness

2: The Hypnotic Experience

Learning Outcomes: Learners will be able to guide a client safely into and out of a hypnotic state using structured methods and language cues.

- The mind-body connection in trance Identifying hypnotic
- states and depth levels Induction techniques and emerging
- from trance

3: Frameworks of Hypnotherapy Practice

Learning Outcomes: Students will be able to conduct full-length sessions using a repeatable clinical structure and tailor it to the presenting issue.

- The 12-step structure of a clinical hypnotherapy session
- Rapport building, pre-talks, and interview techniques
- Designing session structure for change work

4: Mastery of Hypnotherapy Skills and Techniques

Learning Outcomes: Participants will apply complex linguistic and nonverbal strategies to improve therapeutic depth and responsiveness in session.

- Inductions Deepening trance and convincers Advanced
- suggestion delivery and language patterns Utilising hypnotic
- language for suggestions Utilising metaphors, pacing, and
- embedded commands Information gathering and questioning
- techniques
-

5: Clinical Hypnotherapy & Psychotherapy Integration

Learning Outcomes: Students will integrate client language and internal states into their trance work for personalised therapeutic engagement.

- Using therapeutic scripts and improvising beyond them
- Incorporating psychotherapeutic dialogue into trance
- Working with resistance and emotional processing
- Working with clients' issues. For example, depression, anxiety, phobias, children, pain management, insomnia, and more

6: Legal and Ethical Considerations

Learning Outcomes: Learners will be able to practice within legal and ethical parameters, recognising their role and professional responsibility.

- Codes of conduct and ethical frameworks
- Consent, privacy, and duty of care
- Boundaries and scope of practice

7: Building a Hypnotherapy Business

Learning Outcomes: Students will gain the skills to establish a sustainable, client-centred business in the hypnotherapy sector.

- Starting and marketing a private practice
- Session documentation and record keeping
- Business ethics and professionalism

8: Developing the Psychotherapeutic Relationship

Learning Outcomes: Participants will develop relational skills critical for effective therapeutic outcomes, particularly in long-term client engagement.

- Establishing and maintaining the therapeutic alliance
- Core counselling skills in a trance-based setting
- Managing transference and countertransference

9: Exploring Psychotherapy Modalities

Learning Outcomes: Students will gain a working knowledge of common psychotherapy styles and apply them in a complementary fashion during trance work.

- Overview of CBT, Person-Centred, Gestalt, and other modalities
- Questioning frameworks for emotional exploration
- Integrating therapeutic models into hypnotherapy sessions

10: Empowering Change through Self-Hypnosis

Learning Outcomes: Students will learn to instruct clients in self-hypnosis and promote self-regulation, resilience, and continued healing.

- Teaching self-hypnosis to individuals and groups
- Empowering client autonomy and behavioural change
- Framing self-hypnosis for long-term wellbeing

11: Smoking Cessation Program

Learning Outcomes: Graduates will be able to deliver evidence-based, structured cessation sessions tailored to the needs of clients.

- Understanding smoking as habit and addiction
- Structuring a 3-session cessation protocol
- Addressing cravings, triggers, and relapse prevention

12: Emotional Intelligence & Mental Health Awareness

Learning Outcomes: Participants will improve their emotional literacy and know when to refer or adapt sessions for clients with mental health concerns.

- Identifying and interpreting emotional states
- Recognising signs of mental illness
- Enhancing empathy and self-awareness in practice

13: Advanced Techniques for Behavioural Change

Learning Outcomes: Students will confidently use advanced tools for behavioural change and apply inclusive strategies in multicultural settings.

- Disruptive Behaviour Technique™ by Glynis Bretherton
- Age regression and inner child work
- Forgiveness and closure work
- Cultural competency in practice

Assessments

- Quizzes and rwritten assessments
- 2 videos
-

Investment

Course Fee: 3600AUD

$45 enrolment fee

Accredited by:

- International Hypnosis Association
- National Hypnotherapy Register of Australia
- Australian Association of Clinical Hypnotherapists & Psychotherapists
- Australian Society of Clinical Hypnotherapists
- Guild of Australian Hypnotherapists

Career Outcomes

Upon successful completion of the Diploma of Clinical Hypnotherapy and Applied Psychotherapy, graduates may pursue careers in:

- Private practice as a clinical hypnotherapist
- Integrative health clinics and wellness centres
- Corporate wellness and stress management programs
- Smoking cessation and weight management specialist
- Anxiety, phobia, and trauma support practitioner
- Personal development and performance coaching
- Complementary therapy alongside allied health professionals
- Online therapy and telehealth services