



PROFESSIONAL DIPLOMA IN

Hypnotherapy and Counselling



It is really amazing what people can do.
Only they don't know what they can do.

- Milton Erickson





THE SCHOOL OF POSITIVE PSYCHOLOGY

Established in 2007, The School of Positive Psychology is the pioneer education and training institution in Asia specialising in the art, science and practice of positive psychology.

The Singapore-based institution offers certificate, diploma and postgraduate programmes in applied positive psychology, psychotherapy and positive organisational psychology in affiliation with Anglia Ruskin University in the United Kingdom.

The School of Positive Psychology is driven by a mission to help people enhance their psychological capital, optimise human potential and functioning, and improve personal and organisational wellbeing. The school promotes the growth of this emerging discipline in Asia through its own research and development initiatives, public workshops, social experiments and community events.

Graduates of The School of Positive Psychology's Professional Diploma of Psychotherapy programme are eligible to register as members of the International Council of Psychotherapists (ICP), after completing practicum hours.

PROFESSIONAL DIPLOMA IN HYPNOTHERAPY AND COUNSELLING

Hypnotherapy employs a range of skilled verbal communication used in psychotherapy. It is used to uncover psychological resources within one's unconscious mind and bringing them forth to the conscious ability. Hypnotherapists direct the clients' cognitive focus and imagination in a way that brings about intended alterations in sensations, perceptions, feelings, thoughts, and behaviours.

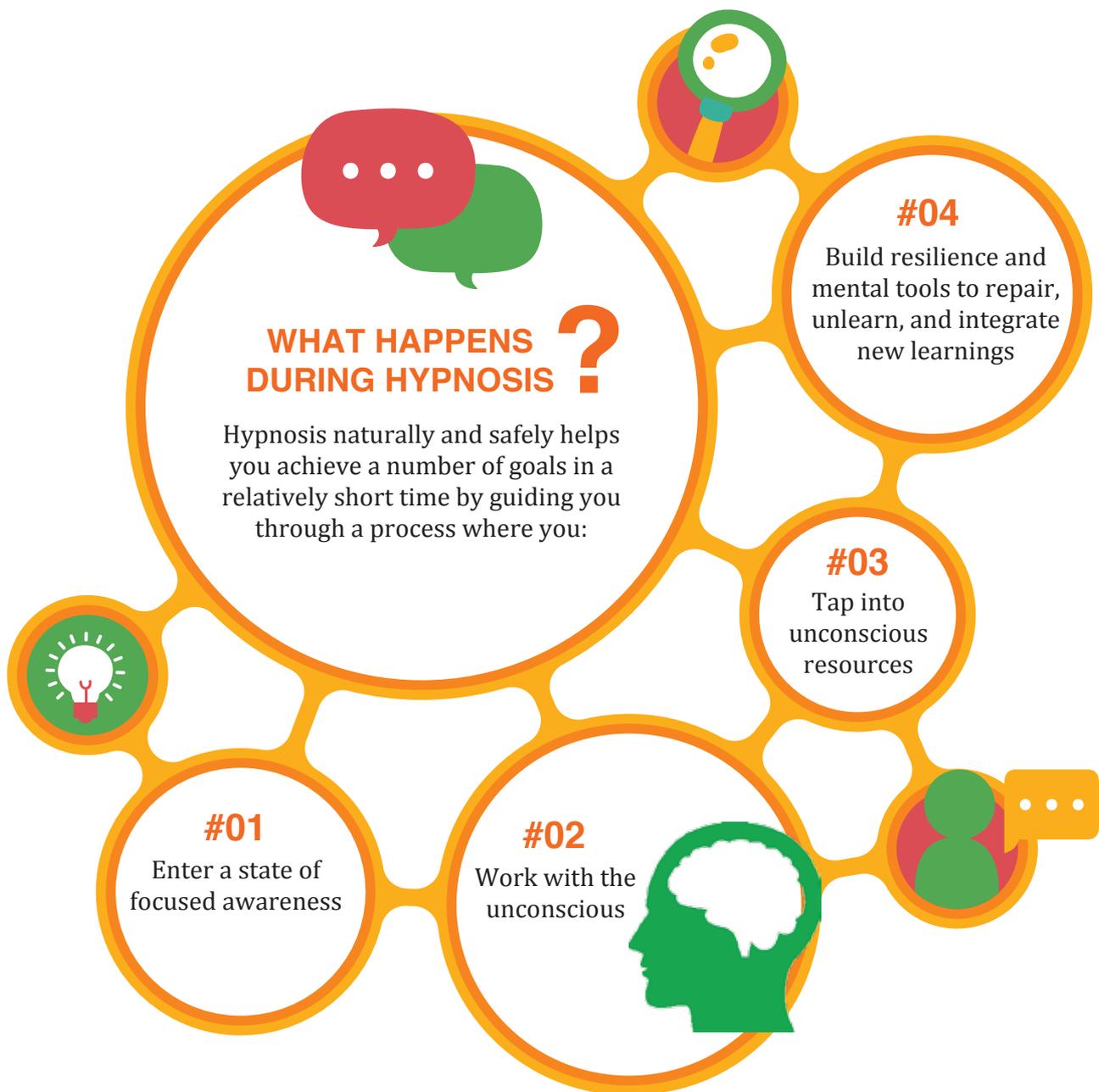
Hypnotherapy interventions can be applied to a wide range of clinical usage such as medical, dental, and psychological treatments. Areas of application include anxiety and stress conditions, weight control, addictive behaviours (including smoking, alcohol, and substance misuse), and confidence issues. Hypnotherapy is also used to enhance performance in areas such as sports performance and public speaking.

The Professional Diploma in Hypnotherapy and Counselling was developed by The School of Positive Psychology, and its graduates are

eligible for professional membership for practice with the National Council of Psychotherapists, UK. This course aims to provide a comprehensive understanding of hypnotherapy and counselling practice in the area of psychotherapy. This course is intended for working professionals in psychological outreach services or aspiring individuals who wish to obtain professional training to enter the field.

This course enables the learners to discuss and apply clinical hypnotherapy theories, assessments, and interventions associated with the basics in psychotherapy. Graduates are able to create therapeutic relationships in the application of clinical hypnotherapy, and understand how to work with clients with different issues and from different backgrounds. Apart from this, graduates are able to apply hypnotherapy interventions and techniques, that are useful for working with adults, adolescents, and children.





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The hypnotherapy class is a MUST-DO, a MUST-LEARN, and a MUST-PRACTICE for all budding psychotherapists learning to interact better with clients! The way the lectures were taught fits each individual student's learning pace, and at the same time delivers the core essence of what hypnotherapy is all about. Topics discussed were thought-provoking, personalised, as well as giving different perspectives on how problems and situations in everyday lives could be perceived, understood, and facilitated. Several crucial yet essential hypnotherapy tools were also taught in an abstract way, allowing students to utilise their own personalities in applying those tools, reaching a more impactful result and allowing optimal knowledge retention.

- DAVID TAN, MANAGER

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The hypnotherapy course has been an eye-opener for me! I love the way information was broken down into digestible sizes and it was very well-arranged in terms of the sequence! It was progressive and the activities in class allowed me to connect from one to another. The best part of the whole course was the practice sessions! It is definitely nerve-wrecking; however it allowed me to find my own style (as a therapist) gradually, and it provided me with the first-hand experience as a client. This is really valuable for me because it changes a lot of my perceptions about hypnotherapy such as "Does it really work? How much does it help a person in understanding their current situation? Do I (as a client) still have control during session?"

- JENNIFER TAN, EDUCATOR

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MODULES

PDPSY 03

CLINICAL HYPNOTHERAPY

Clinical Hypnotherapy teaches participants to foster rapport by opening up channels of communication with clients. During hypnotherapy, clients remain in control. Hypnosis is a state of inner absorption, concentration and focused attention. It is not possible for clients to be forced to do anything against their will, even under hypnosis. Learners of Clinical Hypnotherapy will develop effective communication through the use of voice, tone, pace of delivery, expression and narrative styles of the clients. Successful participants are able to demonstrate trance induction abilities across a variety of styles and techniques, which may include – direct and indirect, confusion, eye fixation, tactile, triggers and metaphors. Learners will be taught a variety of techniques to cover direct and indirect permissive styles and strategies, which include Ericksonian, Analytical, Regression and Self Help (Self Hypnosis). They will be able to demonstrate how to gather sufficient and valid information from the clients during the initial assessment session. Thereafter, they will be empowered to design a hypnotherapy intervention for therapeutic purpose, and also learn how to evaluate and review the effectiveness of their own interventions.

PDPSY 04

APPLICATIONS OF HYPNOTHERAPY

Applications of Hypnotherapy explores a range of applied methodologies and techniques for treatment intervention. Learners will learn to formulate and construct treatment plans to deal with clients' problems. They will learn to take client's history, keep proper client records, and implement treatment intervention with hypnotherapy. Some of the topics covered are: setting up consultations, advanced induction techniques, dissociation methods in hypnosis, secondary gains, sleep and dreams, age regression techniques, pattern breaking techniques, psychodrama and hypnodrama, insomnia and sleep disorders, panic attacks and panic disorders, childhood related anxiety, depression, allergies, phobias, psychosexual disorders, working with beliefs, working with strengths, metaphors and anecdotes, and misdirection and confusion methods.

PSY 04

INTRODUCTION TO PSYCHOTHERAPY AND COUNSELLING

This module introduces the fundamental theories of psychotherapy, including psychoanalytic theories of Freud, humanistic approach, and Rational Emotive Behaviour Therapy (REBT). Students will also learn the fundamental skills of a therapist, and how to apply psychotherapy and counselling to help clients in areas of development.

GPSY 07

PSYCHOTHERAPY PRACTICE AND ETHICS

Psychotherapy Practice and Ethics introduces the importance of professional behaviour under the Ethics Code. This module aims to teach the standards of conduct, performance and ethics on the role as a therapist. Topics will include ethical issues such as confidentiality, informed consent, dual relationships, termination and referral. It will guide learners into making informed and reasonable decisions for their client, to behave with honesty and integrity and to ensure that personal bias and beliefs do not interfere with therapy. Other ethical issues such as sexual harassment, discrimination, privacy and harm are also discussed.



PRACTICUM

Learners will cover both clinical and analytical practices to integrate psychotherapy techniques from Clinical Hypnotherapy. The practicum component aims to provide an additional edge for practising therapists to promote successful practice. Learners will be supervised for their hours of practicum. As supervision is essential for therapy work, practising therapists are bounded by ethical framework for good practice in psychotherapy or counselling.

Clinical Practice (50 hours)

Learners are required to demonstrate their knowledge of hypnotherapy practice within the clinical setting.

Individual Supervision (5 hours)

Learners are required to undergo one to one supervision with their supervisors. During the supervisory alliance, learners will enhance their therapeutic applications in hypnotherapy and counselling, and also discuss client issues and treatment results with their supervisors.

THRIVE PSYCHOLOGY CLINIC

Thrive Psychology clinic is an extension of The School of Positive Psychology.



The clinic is led by a team of talented Psychologists, counsellors, and therapists who are also members of APACS.

The utmost levels of ethical standards, clinical expertise, and therapeutic knowledge and abilities are guaranteed at Thrive Psychology Clinic.

Trainees are guaranteed placement for their practicum hours and can continue with their practice at Thrive Psychology Clinic.

BRIDGING MODULES

For students who have successfully completed the Graduate Diploma in Psychotherapy and Counselling from TSPP, they will be required to complete 3 bridging modules.

CORE BRIDGING MODULES

PSY 03

DEVELOPMENTAL PSYCHOLOGY

Developmental Psychology introduces human growth and development over the lifespan, from conception to death. Learners will delve into the study of major developmental stages such as childhood, adolescence, and adulthood. Topics on puberty, sexuality, adult maturity, lifestyle changes, the family life cycle, and retirement are covered as well.

PSY 05

ABNORMAL PSYCHOLOGY

Abnormal Psychology explores the biological, psychological, and social factors that cause psychological disorders such as anxiety and mood disorders, schizophrenia, eating disorders, somatoform and dissociative disorders, and personality disorders. Various intervention methodologies and techniques will be discussed.

ELECTIVE BRIDGING MODULES

STUDENTS ARE TO ELECT EITHER PSY 06 OR PSY 07

PSY 06

ADDICTIONS AND INTERVENTIONS

Addictions and Interventions aims to address the causes of addiction and the various intervention techniques used to overcome addiction. Students will learn skills to help clients set goal commitments, work on resistance, address the underlying causes that lead to the addiction, and to build up motivational emotions such as self-efficacy.

PSY 07

FAMILY AND MARITAL COUNSELLING

In this module, we examine how individuals are affected by their own family by looking at personal conflicts and the influence of family dynamics. Various theories and techniques in working with families and couples are discussed, so learners can be equipped in working with teenagers, parents, couples, and families.

HYPNOTHERAPY SCIENCE-BACKED HEALTH BENEFITS

1

BENEFIT

Helps improve deep sleep

Cordi, M. J., Schlarb, A. A., & Rasch, B. (2014). Deepening Sleep by Hypnotic Suggestion. *Sleep*, 37(6), 1143–1152. <http://doi.org/10.5665/sleep.3778>

2

BENEFIT

Eases symptoms of irritable bowel syndrome

Simren M. Hypnosis for irritable bowel syndrome: the quest for the mechanism of action. *International Journal of Clinical and Experimental Hypnosis*. 2006; 54 (1): 65-84.

3

BENEFIT

Quells hot flashes

Elkins GR, Fisher WI, Johnson AK, Carpenter JS, Keith TZ. Clinical hypnosis in the treatment of postmenopausal hot flashes: a randomized controlled trial. *Menopause*. 2013;20:291-298.

4

BENEFIT

Eases pain

Montgomery GH, DuHamel KN, Redd WH. A meta-analysis of hypnotically induced analgesia: how effective is hypnosis? [Review]. *International Journal of Clinical and Experimental Hypnosis*. 2000; 48: 138-53.

5

BENEFIT

Calms nerves

Hammond DC. Hypnosis in the treatment of anxiety- and stress-related disorders. *Expert Review of Neurotherapeutics*. 2010;10(2):263-273.

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The course was run in a very systematic yet enjoyable manner. The use of the historical information at the start of the course provided great insight into hypnosis, the evolution of hypnosis, and key figures associated with hypnosis. The use of videos provided a great supplement for the information that was being discussed in class. The videos allowed for ease of relation to real world applications of hypnosis, thereby allowing for further understanding of its strengths, limitations, ethical considerations as well as its methods. I fully enjoyed and learned a whole lot from the multiple role-plays. This cemented the technique of hypnotherapy as well as the magnitude of power that lies in the unconscious mind which may be overlooked at times. I reckon that this course was conducted flawlessly, and it has instilled the confidence in me to be an effective practitioner.

- AVEEN M., DIRECTOR

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Enrolling in the hypnotherapy course was like answering a call that originated from deep within my unconscious recesses. What I really enjoyed and appreciated from the course was that the single idea of hypnosis was explored from the scientific and the philosophical approach. Thus, instilling the ability to craft and implement therapeutic interventions as well as synergise with other psychotherapy modalities to achieve the desired therapeutic outcome.

- CHIN ZHI LIAN, HEALTHCARE WORKER

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What I liked about this course is that not only is it helpful for others, it has also given me so much self-realisation and helpful in dealing with my own issues in tactful ways. I feel so blessed to be taking this course for a good cause. Despite my busy schedule being a single mum and a career woman, I am able to do this course due to the way it is scheduled. Thank you TSPP for giving me this opportunity that could have been impossible for me anywhere else.

- SIVASAKTHY, MANAGER

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ADMISSIONS

ENROLMENT DETAILS

ENTRY REQUIREMENTS

- A recognised Bachelor's degree in Psychology or Counselling, or
- Diploma in Psychotherapy and Counselling from TSPP, or
- Graduate Diploma in Psychotherapy and Counselling from TSPP (with bridging modules PSY 03, PSY 05 & PSY 06 or PSY 07)

ENGLISH LANGUAGE REQUIREMENTS

- GCE 'O' level minimum C6 in English, or
- Grade E in any GCE 'A' level subject conducted in English, or
- TSPP English placement test, or
- IELTS 5.5 or equivalent

APPLICATION PROCEDURE

- Step 1: Pre-course interview with course supervisor
- Step 2: Write a 300-word application statement

APPLICATION REQUIREMENTS

- Completed application form
- Completed application statement
- 1 recent passport-sized photo
- 1 photocopy of NRIC or Singapore valid pass
- Updated resume
- Educational certificates and academic transcripts
- Application fee: SGD 160.50 w/GST

COURSE DELIVERY

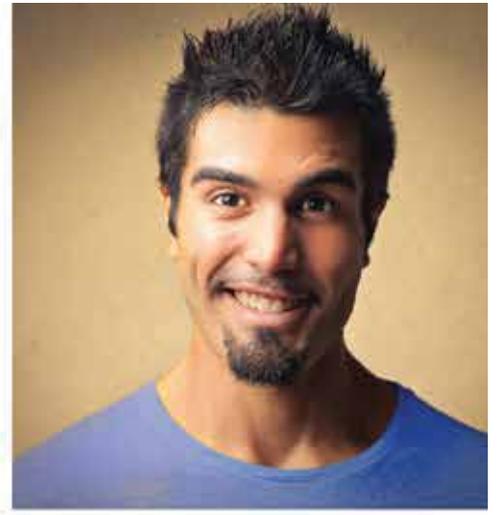
- Lectures and case studies discussions
- Role plays
- Practicum supervision

COURSE DURATION

- 6 months

COURSE FEE

- SGD 10,684.60 w/GST
- SGD 1,070 w/GST (per bridging module)



IF YOU WANT TO
change
YOUR LIFE,
YOU MUST FIRST
BE WILLING TO
change
your mind





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The School of Positive Psychology
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