

INSTITUTE OF CLINICAL
HYPNOTHERAPY AND
PSYCHOTHERAPY
AUSTRALIA

COURSE PROSPECTUS
2024

(Foundation Entrance
and Diploma Course)

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Welcome on your Journey of Discovery!

ICHP Australia is an internationally accredited Training Provider and provides education in Clinical therapy for Mental Health and Wellbeing by means of Hypnotherapy and Psychotherapy (Hypno-psychotherapy).

In Australia our courses (p.9/10) are recognized by the **premier Professional Therapists' Association, AHA (the Australian Hypnotherapist's Association)** and provide Health Insurance Provider rebates for Client sessions whilst under Clinical Supervision. We are also recognized by the **Guild of Australian Hypnotherapists** (an HCA association) and worldwide by the **International Institute of Complementary Therapists (IICT)**.

We seek to contribute to the education of individuals and groups, through accredited training programs in healthy lifestyle practices with a view to facilitating the actualization of each individual's potential, the realization of aspirations and the overall enhancement of Wellbeing of the individual and society as a whole, as a reflection of those individuals. Our courses encompass applications in Mental Health, and Personal Resilience and Wellbeing through the use of Enhanced CBT (eCBT), Augmented Mindfulness/Vipassana, Polyvagal theory, a number of best practice psychotherapies and Hypno-meditation.

THE MOST COMPREHENSIVE AND EFFECTIVE TRAINING IN HYPNO-PSYCHOTHERAPY IN AUSTRALASIA

“There is no more rewarding career than enabling people to help themselves to achieve a better quality of life”

The Study of Hypnosis

A I M S A N D O B J E C T I V E S

When properly taught, the ability to facilitate a Hypnotic trance state for a Client is an easy skill to acquire. However it takes time to learn to use this skill effectively within a therapeutic framework. ICHP is an International school and is regarded as one of the leading training schools in Hypnosis and Hypno-therapy-Psychotherapy in the world, and its lecturers are skilled trainers and practicing clinical therapists with decades of practical Clinical experience.

You can be sure that if you study with us you will learn:

- *The Ethical application of safe Hypnotic techniques in Hypno-therapy-psychotherapy;*
- *How to ensure that the client is a safe candidate for the application of hypnotic techniques;*
- *How to establish for the client a secure, trusting and empathic relationship that is client-centred and gentle in application;*
- *How to clearly perceive the client's goals in entering Hypno-therapy;*
- *How to competently facilitate the client's journey towards those goals and towards wellbeing and self-discovery; and*
- *When and how to refer onwards if further work is required that is beyond the scope of hypnotherapy and/or your competency.*

The acquisition of healing skills carries with it great responsibility and a Duty of Care exists which must be exercised at all times. The ICHP operates within a strong Code of Ethics consistent with COAG and demands that its member practitioners agree to regular case study/supervision and undergo on-going professional development.

These are also prime requirements of the Premier professional therapists' association, the *Australian Hypnotherapist's Association, the AHA.*

During your study with ICHP you will learn that as individuals we are each responsible for our emotions, thoughts, behavioural patterns and psychosomatic symptoms. The psychotherapeutic models and hypnotic techniques taught will enable you to assist your Clients to understand and change their inner defensive programs and accompanying emotional states, as well as their self-limiting behaviours, to healthy emotional states. Through learning to witness, and aided by powerful imagery and metaphor, they will learn to overcome automatic reactivity to situations and instead, by exercising choice, to move towards a state of self-empowerment.

The self empowered state, where the individual can exercise freedom of will and choice in responding to situations, leads to optimization of personal wellbeing and thus permits forward movement in their life in a state of self-fulfilment with enhanced Resilience in the face of everyday adversities.

The Institute

The Institute of Clinical Hypnotherapy & Psychotherapy was established by Dr. Joseph Keaney in 1990, to fill the evident need for comprehensive, contemporary and structured training in Hypnotherapy. The original Diploma course in clinical hypnotherapy has now been extended to include an entrance standard adjunct Foundation course in Hypnotherapy-psychotherapy, as well as an Advanced Diploma in Hypnotherapy-psychotherapy, an Associate degree and a Post-graduate Masters course in Mental Health & Wellbeing. The latter course fulfils the requirements for registration as a Hypno-psychotherapist in many countries in Europe and is therefore of high standard.

The training program of the ICHP cover two fundamental aspects of hypnotherapy, namely Suggestion Therapy and Analytical Therapy. Although the foundation of the training is in Hypno/Psychotherapy, Analysis and Hypnotherapy, which enables specialisation in Hypnoanalytical Psychotherapy, the course encapsulates an eclectic mix of therapeutic and psychotherapeutic modalities including Ericksonian hypnotherapy, Solution-focused Brief therapy (SFBT), Parts (Ego State)Therapy, Psycho-synthesis, Psychodynamic Therapy, Regression therapy, Healing Visualisations, Transpersonal work, Gestalt, Inner Child work and NLP. Since its birth in 1990 the ICHP has grown considerably and now has hundreds of ICHP graduates working in successful private practice in many countries The ICHP has developed international mirror organisations in a number of countries, but this is just the beginning

Taking all the training courses, workshops, master classes and multiple presentations by overseas speakers, the Institute is probably one of the largest providers of vocational training in Hypnotherapy-psychotherapy in the world. Without a doubt your Hypno-psychotherapy qualifications will receive recognition no matter where in the world you may choose to practice.

It is important to note that in the modern world a great deal of Hypnotherapy is carried out safely in the ZOOM face-to-face interactive mode. The IICT organization, for whom ICHP Australia is a Platinum Provider, covers Insurance in some 20+ or so countries and the number is growing. ICHP training therefore offers you, the Therapist, access to a very large Client population worldwide.

Note also that if relocating to other countries the AHA has an international reciprocal alliance agreement with the GHSC in the UK, The ARCH in Canada and the NZAPH in New Zealand.

The Institute in Australia

ICHP(Australia) teaches all the ICHP Courses in a re-structured “blended” format comprising a blend of On Line access to a student-only website at www.hypnopeople.com containing *training resources* (CDs, DVDs, Manuals, Slideshows, Audio files etc), and live face-to-face Lectures and Practical training in blocks of 6 days Supervised Experiential training held at various Venues throughout Australia, coupled with the equivalent of 6 face-to-face days training via ZOOM employing “Breakout rooms” under Supervision.

Our evidence-based (Best Practice) training of clinical intervention tools has been uniquely validated by Clinical Practice (over 7000 sessions) in 5 Clinics and 3 Hospitals under the auspices of a Department of Health and Ageing funded Division of General Practice (LCDGP) in the years 2017-2014, during the appointment of the Principal of ICHP Australia (Dr Peter George) as a Mental Health Clinician.

This validation ensures that would-be Hypnotherapy-psychotherapy Therapists recognize, and apply the treatment most appropriate to their client and the condition presented. This is enhanced by means of the application, during Supervised Practical training, of competency-based assessment tools, clinical studies, personal supervision and continuous monitored development throughout the courses at a level appropriate to the type of qualification being undertaken.

Trainers

ICHP(Australia) Principal Lecturers were personally trained by Dr Joe Keaney in Ireland. In addition to training in Hypnotherapy and Psychotherapy ICHP Lecturers share amongst them Postgraduate training in Science, Social Science, Health Counselling and Transpersonal Counselling as well as Degree qualifications in Science and Psychology, and Advanced Diplomas and Certificate level training in Natural Sciences, including a number of streams of Bodywork, Energywork, Martial Arts, and Stress Management.

The Principal Lecturers are supported by a [Team of 6 other experts](#) including Senior Lecturers, Clinical Supervisors and a 2-man IT team to provide support for On Line development and Websites.

Our lecturers assisted in establishing a 24 module (3 year part time)Post Graduate Master’s Diploma course which is taught in Australia and in Ireland, with the assistance of our lecturers, every year.

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Hypnotherapy Today

Modern Hypnotherapy and Psychotherapy in a “best practice” mode is today practiced as a person-centred Hypno-Psychotherapy where the language structures and tactics of Hypnosis are used as an *adjunct* to a number of evidence-based psychotherapies (particularly CBT - Cognitive behavioural therapy). The altered state of Hypnosis that we call “trance” is characterized by a narrowing of focused attention and concentration and to some extent a de-coupling of the critical conscious mind.

In this state of heightened awareness a trained Hypno-psychotherapist can help a Client bring about the changes that they wish to make in their lives by bringing to bear the enormously powerful creative resources of the sub-conscious and facilitating empowerment of the Client so that they can take control and overcome previous feelings of helplessness to do so.

In **Hypno-psychotherapy** the practitioner can draw the Client’s attention to new possibilities, to alternative patterns of thought, emotions and behaviour and to an understanding of their conditioned responses as a basis for exercising new choices. The tactics and strategies employed are designed to use the resources which reside in all of us and do not require the individual to fit into a standardised protocol. **The use of a person-centred approach ensures that the therapy is not directed by the Therapist but by the Client’s own wishes and expressed needs.**

“Hypnosis is not the therapy, and hypnosis itself cures nothing. Rather hypnosis is, in conjunction with appropriate psychotherapies, the vehicle for empowering people with the abilities and realisations that ultimately serve to help them” (Dr Michael Yapko)

Medical Hypnotherapy

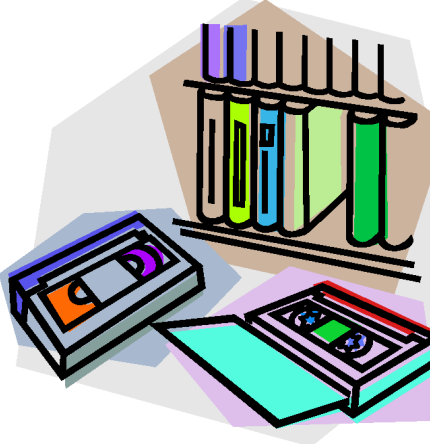
The American Medical Association published a study that indicated that Stress was a prime factor in more than 75% of medical conditions. As we learn more and more about the way certain conditions are acquired and perpetuated, the resolution of maladapted behaviour patterns by therapies, including Hypno-psychotherapy, become more relevant. Medical Hypnotherapy is not however confined to maladapted behaviour, it can be used with considerable benefit in many somatic and psycho-somatic conditions. Common examples include Preparation for surgery, Dental disorders, Pain management, Dermatologic disorders, Cancer treatment side-effects, Sleep disorders, Burns and emergencies, Neurological conditions, Intestinal disorders, Involuntary muscle disorders, Tinnitus, Hypochondriasis, Depression , Anxiety, Trauma etc.

Research

ICHP conducts and encourages, on-going scientific research into applications of Hypnotherapy-psychotherapy. We constantly seek to enhance our knowledge of hypnotic techniques in a therapeutic context and seek to improve the efficacy of our practice. ICHP graduates continue to produce highly effective methodologies for dealing with a variety of conditions that have proved difficult or simply intractable with more common psychotherapies. **We support our Graduates in Clinic by supplying information on current research, by providing Clinical Supervision as required by their Professional Associations and by providing day-to-day support for their treatment of difficult cases.**

Blended learning (Self Study + Interactive Practical)

Distance (open) learning is the mode of *structured On Line learning* in which you can study at home or work, in a way and at a pace, which suits you best and offers on-going Supervision. The benefits of distance learning have been proved over the years as a uniquely flexible approach to enhancing your career prospects and developing your personal skills with minimal disruption to your normal routine. On Line resources make this mode of study very efficient. You can access our student-only site at www.hypnopeople.com



At each level of qualification you are also required to engage in 6 day Practical intensives (often a total of 12 days or more) where your course material is presented and you have Supervised experiential practice with other students. As an example the Foundation entrance course requires Contact of 120 hours at least. This can be done at any Venue in any State ICHP Australia holds them in, or by ZOOM, or a combination of both. You can also repeat any 6 day Practical anywhere at no extra cost at all. And you are encouraged to do so.

Extension to the full Diploma requires extra contact of 90 hrs.

With our On Line CDs, DVDs, Manuals, narrated Slideshows and Audio file resources you will also have specific examples of hypnotherapy in action and with our DVDs you can see experts use the techniques you are studying and you will gain additional insight concerning their application.

Foundation Certificate Entrance Course (800 hrs)

This course has been developed as a basic entrance standard to Clinical work in Hypnotherapy and Psychotherapy using guided visualization (trance) as an adjunct to counselling/psychotherapeutic techniques. It teaches, at a foundation level, the application of hypno-psychotherapy therapy in health sciences and human services, particularly but not exclusively, in the form of Enhanced CBT.

This course is a self-contained course (800 hr) in its own right and with Membership of the AHA (for example) will permit grading as a Graduate Member with access to Public Liability and Professional Indemnity Insurance and eventual access to up to 15 Health Insurance providers. You can commence immediate Clinical practice under external Supervision and as you increase your clinic hours and enhance your studies (for example with Mental Health/Wellbeing material) you can become eligible for Professional and then eventually Clinical Membership also.

The course is a pre-requisite for ALL higher courses in ICHP Australia unless Recognition of prior Learning (RPL) has been granted.

Course Costs/Venue/Dates:

A Fee schedule is available detailing Total Fees and Payment options. If interested please contact ICHP(Australia) or ring 0412 907 363 and we will send you details of current Fees and a schedule of Venues and Face-to-face classes.

Course Components and content:

On Line Learning Modules + 120 hrs Contact + Assessments

- *Models of the Mind*
- *Clinical Session Structure*
- *Safety & Contra-indications*
- *Motivational Interviewing*
- *Reflective Counselling*
- *Commitment & Goal setting*
- *History of Trance Therapies*
- *Conscious / Subconscious minds*
- *Laws and types of Suggestion*
- *Self-hypnosis Conditioning*
- *Relaxation procedures*
- *Deepening Techniques*
- *Representational Systems*
- *Ericksonian Suggestion*
- *Regression Therapy*
- *Suggestion Formulation*
- *Guided Visualisations*
- *Ethical, cultural and Legal Issues*
- *Weight Loss therapy*
- *Smoking Cessation Therapy*
- *Pain management*
- *Matching & Mirroring*
- *Abreactions and Catharsis*
- *Ideo-Motor Signalling*
- *Catalepsy & Arm Levitation*
- *Phobias, Anxiety, Depressed mood, Panic attacks*
- *Basic Polyvagal theory*
- *Stress Level Profile*
- *Miscellaneous Clinical Situations (STOP/REDIRECT)*
- *Clinical Scripts & Metaphors*
- *Maslow Needs & Erikson developmental pathway*
- *Basic Psychotherapeutic processes and basic NLP.*

Diploma in Hypno-Psychotherapy (1400 hrs)

This 1400 hr course (which includes the Foundation course as Stage 1 of the 2 stages) exceeds the AQTF specified minimum Volume of learning for a Diploma has been developed for:

1. Those AHA members who need to enhance their Graduate Membership level (by 1.1.25) to professional member and eventually beyond.
2. Those who wish to use Hypno-psychotherapy as an adjunct to enhance their existing Counselling/Psychotherapy/Psychology practice.
3. Those who wish to join an HCA Therapist Association such as GoAH which requires a minimum of 1000-1200 hrs training for entry to Clinical practice.

The Resources for the course are on the Portal at www.hypnopeople.com. (Graduates of the Foundation Course will already have a Log In). Your Health Insurance Provider numbers obtained through Graduate Membership of AHA will again be appropriate to your Clinical Practice. Clinical Supervision of your practice can be supplied by ICHP Australia accredited Supervisors. Continuing Professional Development (CPD) can also be supplied by attendance at further ICHP Workshops **or CPD Modules organized by the AHA which earn an Attendance certificate as a requirement of the provision of Health Insurance Provider Numbers.**

Course Components and content:

On Line Learning Modules + 90 hrs Contact + Assessments

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| ○ <i>Advanced counselling practice</i> | ○ <i>Self development & regulation</i> |
| ○ <i>Legal, cultural and Ethical Issues</i> | ○ <i>Enhanced Polyvagal theory, neuroception and neuro-plasticity</i> |
| ○ <i>Safety & Cost effectiveness</i> | ○ <i>Enneagram Personality profile</i> |
| ○ <i>eCBT dimensions of therapy</i> | ○ <i>Hypno-counselling for Self Development (Psycho-synthesis)</i> |
| ○ <i>Special attributes of “Trance” Behavioural rehearsal.</i> | ○ <i>Anxiety disorders</i> |
| ○ <i>Hypno-analysis in counselling</i> | ○ <i>Depressive disorders</i> |
| ○ <i>Hypno-regression in schema therapy</i> | ○ <i>Pathologies arising from Stress</i> |
| ○ <i>Dr Keaney’s BCHAPS</i> | ○ <i>Stress management</i> |
| ○ <i>Hypno-Jungian Dream analysis</i> | ○ <i>Traumatisation</i> |
| ○ <i>SFBT, Gestalt, Mindfulness</i> | ○ <i>Energy blocks and re-distribution</i> |
| ○ <i>Grief and Loss</i> | ○ <i>Substance abuse(Neuroscience)</i> |
| ○ <i>Parts (Ego State) Therapy</i> | ○ <i>Habit control & management</i> |
| ○ <i>NLP</i> | ○ <i>(Weight, Alcohol, Psycho-somatic issues)</i> |

Course Costs/Venue/Dates:

A Fee schedule is available detailing Total Fees and Payment options. If interested please contact ICHP(Australia) or ring 0412 907 363 and we will send you details of Fees and a schedule of Venues and Face-to-face classes.

ICHP CODE OF ETHICS

1. ICHP(Australia) is licensed by ICHP(Ireland) to conduct its Foundation, Diploma and Advanced Diploma, Associate degree and Post-graduate Hypnotherapy-psychotherapy Courses. ICHP Members, being fully accredited practitioners, may conduct appropriate Clinics. This Code of Ethics (hereinafter referred to as “The Code”) pertaining to Members of ICHP(Australia) is derived from that of the parent organization ICHP(Ireland) which is based on the By-Laws of the Irish Association of Hypnoanalysts, the Irish School of Ethical & Analytical Hypnotherapists and the Irish Hypnotherapist’s Examiner’s Board (I.A.H., I.S.E.A.H., I.H.E.B). The Code, so far as it pertains to ICHP(Australia), is established in accordance with the COAG By-laws in Australia. The parent organization ICHP(Ireland) is fully recognized and accredited by the General Hypnotherapy Standards Council (GHSC) and the National Council for Hypnotherapy Ltd of the UK. The latter organisations comprise 60 professional and training organizations whose primary purpose is to establish agreed criteria for training and maintaining ongoing standards of practice. ICHP Is also recognized by the 3 major Hypnotherapy organisations in the US (namely the American Council of Hypnotic Examiners, the American Institute of Hypnotherapy and the American Board of Hypnotherapy).
2. It is a condition of membership of ICHP(Ireland) and therefore of ICHP(Australia) that each member undertake in writing to be bound by the terms of conduct of the Code of Ethics contained herein. All breaches of the Code shall be dealt with in Australia by the ICHP executive and an external qualified member.
3. A breach or violation of the terms of the Code may lead to termination of membership.
1. “Professional Misconduct” shall mean any action with regard to the pursuit of a Member’s profession which is unethical or which is contrary to the specific rules set out in the Code. In the absence of evidence to the contrary, any breach of the Code shall be considered to be evidence of misconduct.
4. The resignation of a member shall not be allowed to impede the process of any investigation or disciplinary action as long as the alleged complaint or breach of the Code or alleged offence under the Institute’s disciplinary code took place during membership.

GENERAL

5. The principal objective of the Hypnotherapy profession is to render service to humanity with full respect for the dignity of man. ICHP members are expected to appreciate that they must earn the confidence of their Clients, offering to each a full measure of service and devotion.
6. Members must strive to improve their knowledge and skills through continuing professional education, and should make this knowledge and the skills acquired available to all their Clients.
7. Members must observe all relevant Australian laws, uphold the dignity of the profession and accepted its self-imposed disciplines.
8. Members who are not qualified to do so must, in no circumstances, attempt to practice medicine, psychiatry or psychology and must be prepared to make appropriate referrals if such is required.
9. Members must never use hypnotherapy to eliminate the effects of a symptom being displayed by another, where the origin of the symptom is not readily apparent, unless written authority has been obtained from a qualified medical practitioner. This clause is intended to have specific effect in relation to bodily discomfort such as pain.
10. At all times Members shall be cognizant of their Duty of care towards their Clients, never claiming skills which they do not possess and never offering assistance unless the presenting problem falls within the scope of the therapy being offered.
11. Members must agree to discharge any Client from treatment, at the earliest possible opportunity, consistent with the good care of that Client.
12. Members must avoid dual relationships with Clients and should never offer his/her services under terms and conditions which might impair the free and complete exercise of their professional judgment and skill, reduce the quality of service offered, or risk exploitation.
13. Members must never say, do or carry out, any action or word by deed or by inference, which shall bring the profession of Hypnotherapy into disrepute.
14. Members, who are in possession of a Provider Number from any Health Insurance Organisation must be continually mindful of their obligations to that Organisation. With regard to application for Professional Indemnity Insurance members must ensure that in addition to providing all basic information necessary for the organization concerned to place the risk, they must also ensure that they comply with their legal duty of disclosure of all matters relating to the risk.
15. Members must at all times maintain Public Liability and Professional Indemnity Insurance and display Notice of such Insurance in their Clinic or place of Clinical Work.
16. Members must preserve totally and absolutely the Client’s right to anonymity and privacy, unless he/she is required not to do so by a relevant Australian Law (such as Mandatory Reporting Legislation). No Member is permitted to publish or declare any information relating to any Client or ex-Client which is likely to identify that person, except with the express permission of such persons.
17. All Members must comply with Australian Government regulations concerning fair advertising and shall at all times seek to represent a full, complete and accurate advertisement of their services.
18. No Member is permitted to be involved in any way in public stage performance of Hypnotherapy solely for entertainment or amusement.
19. Members are prohibited from visiting the homes of Clients to effect treatment unless at the request of a registered medical Practitioner. This home consultation must be carried out in the presence of a third party whom the Client has expressly agreed to.
20. All ICHP Members must agree to the concept of ongoing Supervision of him/herself and practice by an ICHP appointed and agreed Supervisor. Regular Supervision must be maintained and undertaken at least once a month during which all casework caseload as well as each Member’s mental, physical and emotional health shall be examined. No application for annual renewal of Membership will be considered unless such Supervision is maintained.
21. Members provide in their practice a form of therapy that conforms in broad detail to that taught by ICHP(Australia) and ICHP(Ireland). This training is well established and internationally recognized. Members must realize that if they depart markedly from that application of that training in their practice then they leave themselves, and ICHP, open to criticism. For example analytical therapy is recognized and practiced as a “brief” therapy in 8 - 12 sessions. Any Member exceeding this number, except in exceptional circumstances, may be in breach of Trading Laws, as well as their Duty of Care to their Client. If analytical therapy has not resolved the issue in 12 sessions it is likely that onwards referral is required to other forms of therapy.

RELATIONSHIP WITH OTHER ICHP COLLEAGUES AND MEMBERS

42. ICHP Members must, where it is reasonable to do so, raise any concern which he/she has regarding the conduct of another Member with that Member first. If the matter cannot be resolved satisfactorily then it should be reported to the Disciplinary Officer of the ICHP(Australia). Where the concern relates to serious professional mis-conduct Members have a clear duty and obligation to act accordingly.
1. Any ICHP Member who wishes to practice in partnership with, or share, clerical and reception facilities with another health professional who is not a member of the Institute shall satisfy himself/herself that the individual is appropriately qualified and insured and that the association concerned will not bring ICHP into disrepute.
2. An ICHP Member shall inform ICHP if the practice name differs from the name and surname of the Member as registered with ICHP(Australia).

COMPLAINTS BY CLIENTS

3. Members must, at the commencement of consultation, make available to a prospective Client full details of how and to whom complaints may be made. The Member is obligated to ensure that appropriate names, addresses etc are available to the Client. This may be provided in the form of an ICHP(Australia) Complaints Form containing such information. All complaints will be dealt with by the Complaints Committee which comprises at least two senior ICHP(Australia) Core Staff and one external Member. The decision of the Complaints Committee will be final. The Member under investigation may, if he/she wishes, also be represented by a Member, however the Member under investigation may be required to attend a disciplinary hearing.

SUPERVISION

4. Members are required to agree to regular Supervision before their practice can be endorsed by ICHP. The primary purpose of supervision is to optimize the therapeutic process of addressing the Client's needs. A secondary purpose is to provide quality assurance to meet the needs of both ICHP and Insurance Providers.
5. Supervision is a formal collaborative process whereby the Supervisor monitors, develops and supports the Therapist in his/her work. Supervision is concerned with:
 - Maximising the effectiveness of the Therapist;
 - Monitoring and supporting the Therapist;
 - Clarifying the relationship which exists between Therapist and Client and ensuring that validity pre-requisites and ethical standards are maintained throughout the therapeutic relationship;
 - Maintaining the quality of the therapy offered to the Client;
 Providing, through superior experience, additional professional development of the Therapist.

An ICHP Member must not practice without regular Supervision of 1-1 case work at least once a month.



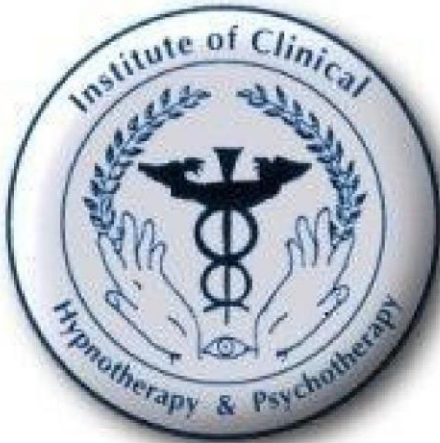
ICHP – VOCATIONAL QUALIFICATIONS IN INTEGRATIVE HYPNO-PSYCHOTHERAPY (Required Hours of Training & Development for ICHP Membership Levels)

Note: Volume of Learning (hours) are cumulative:

800 hrs	1400 hrs	2200 hrs	2800 hrs	4300 hrs
STAGE I Foundation Certificate TOTAL 800 hrs (1st year) <ul style="list-style-type: none"> • 120 hrs Contact • 237 hrs Practical • 443 hrs of Theory and Methodology including Humanistic counselling & psychotherapies • 80 hrs of direct pseudo-client Hypnotherapy practice under Supervision 	STAGE II Diploma in Hypno-psychotherapy TOTAL 1400hrs (1st & 2nd year) Includes 800 hrs FC pre-requisite <ul style="list-style-type: none"> • Further 90 Hrs contact making a total of 210 hrs contact overall • 208 hours of applications in Humanistic counselling & psychotherapy • Further 35 hrs of pseudo-clinical practice under Supervision. 	STAGE III Advanced Diploma in Clinical Hypno-psychotherapy TOTAL 900 hrs (1st & 2nd & 3rd year) <ul style="list-style-type: none"> • 56 hrs minimum Personal practical Hypno-Psychotherapy (Individual & Group settings) • 650 hours of Theory and Methodology in Hypno-psychotherapy • 1 specialist 2 day Workshop • 2 complete additional own Clinical Cases studies using the ICHP DSM V protocols. 	STAGE IV Associate Degree in Integrative Hypno-psychotherapy TOTAL 600 hrs (1,2,3,4th year) <ul style="list-style-type: none"> • 300 hrs Methodology Function-focused Integrative Hypno-psychotherapy; Vols 1 and 2. • 4 complete additional own Clinical Cases studies using the ICHP DSM V protocols. • Research Task • Continued Supervision of Case Studies 	STAGE V Specialisation in Humanistic and Integrative Hypno-psychotherapy TOTAL 1500 hrs (years 5/6) <ul style="list-style-type: none"> • 250 hrs Personal practical Psychotherapy (Individual & Group settings) • 800 hours of Methodology including both Psycho-pathology and Wellbeing • 300 hours of Clinical Practice with Clients (under Supervision) • 150 hours of personal Supervision
ICHP Foundation Certificate	ICHP Diploma Clinical Hypno-psychotherapy	ICHP Advanced Diploma Clinical Hypno-psychotherapy	ICHP Associate Degree Integrative Hypno-psychotherapy	ICHP Post-graduate Diploma Integrative Hypno-psychotherapy
Fully Accredited Graduate Member using Suggestion Therapy	Fully Accredited Clinical Hypno-psychotherapist using Suggestion Therapy & Hypno-analysis	Fully Accredited Clinical Hypno-psychotherapist using Suggestion Therapy, Hypno-analysis and DSM V	Fully Accredited Integrative Hypno-psychotherapist	Fully Accredited Master Integrative Hypno-psychotherapist

CHARTER

ICHP(Australia) recognizes health, both its promotion and maintenance, as a major social investment and challenge. It seeks to contribute to the education of individuals and groups, through accredited training programs, in healthy lifestyle practices with a view to facilitating the actualization of each individual's potential, the realization of aspirations and the overall enhancement of wellbeing of the individual and society as a whole, as a reflection of those individuals. It also seeks to offer, through established Health and Lifestyle Clinics, support to those individuals in need of guidance or in distress.



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**MAKE THIS THE YEAR YOU TAKE
YOUR PERSONAL AND
PROFESSIONAL LIFE TO NEW
LEVELS OF EXCELLENCE.**

**MAKE THIS THE YEAR YOU BE-
COME AN OFFICIAL ACCREDITED
AND REGISTERED PRACTITIONER
OF ETHICAL HYPNOTHERAPY—
PSYCHOTHERAPY**